

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood God

"In this step, we turn our will and lives over to God *as we understand God*. This means that we each have the opportunity to develop our own understanding of God, and the right to grow and recover in ways that match this understanding." Sex Addicts Anonymous pg 29

How am I becoming more aware of powers outside of myself and my addiction? In this recovery program, how am I becoming more aware of a power that cares for me?

"Our concepts of God and spirituality may also change over time, as our life in recovery progresses." Sex Addicts Anonymous pg 30

How have my experiences in recovery changed my gut level understanding of spirituality?

How are these experiences helping me to grow beyond my earlier understandings of "God" and "spirituality"?

"To make the Third Step decision is to surrender. We give up the belief that our intellect, our knowledge, our judgment, and our will could successfully guide our lives." "This profound surrender of old beliefs, habits, and behaviors we learn to renew every day." Sex Addicts Anonymous pg 30

How am I learning to renew this commitment each day?

"When we make the decision to turn our will and our lives over to the care of the God of our understanding, we begin to notice signs of growth and transition, evidence that the program is working. We find ourselves being more honest, more willing to share the truth about ourselves with others." Sex Addicts Anonymous pg 31

What evidence can I point to that this surrender is helping me with my addiction and with life?