

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

3E Of god as we understood god

This phrase often adds to the confusion. It is ok to wrestle with the phrase and change it to what helps us recover.

What is the first thing that comes to mind when I hear this phrase and is that helpful to my recovery?

In recovery, many people start experiencing a higher power in a totally different way than they did prior to recovery. What experiences of spirituality and what experiences of a higher power caring for you have you had in recovery?

What methods are you learning in order to be more open to a higher power's direction?

How are you learning to be more connected with yourself or true to your own self?

One word that is used a lot in spiritual circles is "discernment". What do you think this word means and how does that help you see what the "next right thing" is?

One common theme in many spiritual circles is learning to wait for the "right time". What experiences with "the right time" have you had in recovery?

How have your experiences in recovery changed your original ideas of what the word "god" in this step means? Some people talk about turning their will and live over to "love." How does that change this step for you?