

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

### 3M Fighting the Addiction

Many of us have fought the addiction hard. We have “white knuckled” through temptation. We have tried blockers, snapping rubber bands on our wrists, location tracers to spouse, etc.

What ways have I used to fight the addiction?

What fears and other issues gave me the push to use those to fight the addiction?

This step asks us to stop fighting in those ways. Instead, we are asked to use the techniques of reaching out to others and being honest with them.

What honesty would I need to have with others in the program? How vulnerable would I need to be? What would I really need to say to someone else?

Often, we need to emotionally accept our higher power may give us an unwanted outcome in order to stop fighting the addiction. What outcome am I fighting that I would need to allow my higher power to give me? Can I trust that if my higher power were to give me that outcome, my higher power will care for me in that outcome?

We don't know what outcome our higher power will give us. We are asked to walk into the unknown. How is this step asking me to face an uncertain future, an unknown path, and be at peace not knowing what my life will be but trusting that we will be cared for no matter what happens?

How is trusting a higher power to guide me in life a challenge for me?