

## 2nd Step and 3rd Worksheet

*Step 2: Came to believe that a power greater than ourselves could restore us to sanity.*

*Step 3: Made a decision to turn our will and our life to the care of God as we understood Him.*

1. Write about your will and how it has gotten in the way of your recovery.

2. There are three phases of Step 2. We first came to meetings, then we came to, and then we came to believe that only a Power greater than ourselves could restore us to sanity.

Write about your "coming to" experience.

3. Step 2 involves surrender. Do you really believe that you have made a surrender? What does it look like in practice?

Write about your relationship with God.

5. Do you really believe that God is going to restore you to sanity. If you think that you believe already, think again. Because if we really believe, we would be sober? Write about what parts you do believe and what you still struggle with.

6. What are the obstacles to believing that God would restore you. Is it "pride," is it "control." If we are in control, He is not.

7. How easy is it to turn it over. "It" being, a "resentment," a "temptation," a "trigger," a "bad attitude," a "hurt," a "fear" or your "sobriety."

a. Write about an episode where you were able to turn a temptation over.

b. Write about a episode where you were able to turn a resentment over.

c. Meditate and write about turning your sobriety over to the care of God.

8. Faith is a part of Steps Two and Three. Do you have that childlike faith? Do feel that your Higher Power will help you overcome the power of alcohol/food/drug/lust.

Realize that these two powers fight each other daily.

What practical ways can we stay on the winning side. These are usually our top line behaviors.

9. Making a decision to turn your will and your life to the care of God, requires two actions, i.e. our initial surrender and then a daily surrender.

What does the daily surrender look like, this is like the list of practical suggestions in #8, but is more attitudinal. For example, staying humble, understanding my weakness. . .

10. Write out the third step prayer. You will find it in the big book. Carry it with you. Perhaps laminate it. Say this anytime you feel tempted. Over course there are other prayers that work as well, like The Jesus Prayer, etc.

11. Read about steps two and three from the AA big book, the *12 Steps and 12 Traditions* and the *Little Red Book*.

Meditate on these and write about it in your own words about applying it to your own life.