

## 3<sup>rd</sup> STEP WORKSHEET

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

*(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)*

1. Do you agree or disagree with the following statements?

Statement	Yes / No
My understanding of my Higher Power is my own, and will be different from others.	
I understand that "God" represents my Higher Power and may, or may not, be a religious icon.	
I can agree to call my Higher Power "God," understanding that this makes it easier to communicate with others about my spirituality.	

2. In what ways is God (Higher Power) better able to handle the affects that alcohol (*or whatever substance or behavior*) has on your life?

3. Answer the following questions?

Question	Yes / No
Does turning over your will and your life to the care of God (Higher Power) relieve you of the responsibility of watching out for yourself on a daily basis?	
If I allow it, God (Higher Power) communicates his will for me through spiritual guidance.	
If I allow it, God (Higher Power) provides me with strength, courage and opportunity in my life through spiritual guidance.	
If I turn my will and my life over to the care of God (Higher Power) I no longer have to be accountable for my actions and behaviors.	



4. What do you do on a daily basis to turn your will and your life over to the care of God (Higher Power)?
  
  
  
  
  
  
  
  
  
  
5. What can you do on a daily basis to turn your will and your life over to the care of God (Higher Power)?
  
  
  
  
  
  
  
  
  
  
6. Write a prayer turning over your will and your life to the care of God:
  
  
  
  
  
  
  
  
  
  
7. How has turning your will and life over to the care of God (Higher Power) benefited you?