



# Step 3 AA Worksheet

## Understanding Higher Power

In Step 2, we defined a Higher Power as anything outside ourselves. In Step 3, we will examine our Higher Power more deeply.

A Higher Power is who you want it to be. It could be your Alcoholics Anonymous meeting, the sun, the sky, or the stars. It's all about having an entity outside of yourself.

Working the steps is all about a journey towards a better life. We must deliberately establish our means of contacting a Higher Power.

Write your current understanding regarding concepts such as a Higher Power or Spiritual Belief


How has your perception of a higher power evolved during your recovery journey?


## Maintaining Personal Power

Time and time again, we take back our personal power after deciding to turn our will over to God's care. We have been convinced that our will can hardly be a success. We made a mess of our life when we were running the show. We know that. Yet we continue to take the reigns and do our will. This is why we continue to come back to Step 3 every day.

In Step 3, we turn our entire life over to the care of God. Discuss with your sponsor or friend in recovery areas of your life where it's difficult to turn over to God. It might be your children, spouse, parents, or job. Control affects our everyday life. It's important to turn over our personal experience daily.



### Step 3 AA Worksheet

List specific areas of your life where you have trouble letting go.


Reflect on how this need for control has impacted your peace of mind and relationships.


## Benefits of Surrendering

Identifying the benefits of surrender will give us peace of mind when we decide to surrender our will and lives to God's care and a Higher Power.

How does it feel to be relieved of the bondage of self? Does it bring peace, serenity, and freedom?


How does it improve your recovery program?




## Step 3 AA Worksheet

### Forms of Fear

Sometimes, our lives can be motivated by a hundred forms of fear. Forcing our own way of doing things can exacerbate our bad situations. How does acknowledging our fears about surrendering control and surrendering to a higher power affect our spiritual growth? We have to let something else run the whole show. We are no longer in charge. Perhaps there is a fear that turning over your child will be harmed in some way. In the process of surrender, we can write down these fears and let them go with a sponsor. This sets us on a new path towards a sober life.

Write down any challenges or fears about giving up control and surrendering to a Higher Power.


What are your reservations about surrendering to a Higher Power?


### Made A Decision

At this point in your step worksheet, you can decide, based on your reflections on the questions, to turn your will and your life over. You'll want to write down your commitment to recovery, to the steps of recovery, and to yourself.




## Step 3 AA Worksheet

### Third Step Prayer

God, I offer myself to Thee  
To build with me and do with as Thou wilt.  
Relieve me of the bondage of self,  
that I may better do Thy will.  
Take away my difficulties,  
That victory over them may bear witness to those  
I would help of Thy Power, Thy Love, and Thy Way of life.  
May I do Thy will always!  
From the AA Big Book Chapter How It Works pg. 63