

STEP 3

How to take it: (Suggestions)

- a) Take this step with a member of the group.
- b) Read each question **out loud**, mark yes or no to each one; and
- c) If you are convinced of each question, you will be feeling comfortable with Step 3, and should move to the next step.

What should I do if I'm not convinced?

- a) Let a member of the group know of your problem. Review the step with him/her. Pin point the part of the step you are having problems with. **BE HONEST!**
- b) Go back to the previous Step, perhaps the problem is there. *"Am I sincerely convinced of Step 2?"*
- c) Read and re-read the chapter which carries the main thrust on Step 3, Chapter 5, "How It Works," pages 58-64. *Read it 100 times if necessary.*
- d) Go to as many meetings as possible hearing and listening for the words that will help convince you.

What I am convinced of when I:

"MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM."

1. I am convinced that I must no longer make decisions that will affect others without first talking it over with someone else. I must no longer rely on my thinking; Pray and ask others for help. YES ___ NO ___
2. I am convinced that the constant belief in a "*Power greater than ourselves*" that I found in Step 2 will give me the strength and inspiration I need to go on with the rest of the program of recovery. YES ___ NO ___
3. I am convinced that half-measures or taking this program half-heartedly will avail me nothing. YES ___ NO ___
4. I am convinced that I have to let go absolutely the thought of holding on to old ideas that are harmful to me and others. The result of my program of recovery will be nil until I let go absolutely (These ideas will be disclosed later in the program). YES ___ NO ___
5. I am convinced that I must go on with Steps 4 through 9 if I am to re-create my life and Steps 10, 11 and 12 will give me the tools to live each day comfortably without addictions. YES ___ NO ___
6. I am convinced that I have to develop a manner of living which demands rigorous honesty with myself and others. YES ___ NO ___

7. I am convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. YES ___NO ___
8. I am convinced that "selfishness—self-centeredness!" is the root of my troubles. Self-centeredness means excessive thought of self whereby my total energies are spent trying to maintain me and get me what I want. YES ___NO ___
9. I am convinced that driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. YES ___NO ___
10. I am convinced that at some time in the past I have made decisions based on self which later placed me in a position to be hurt. YES ___NO ___
11. I am convinced that I have to quit playing God. It didn't work. Playing God, means trying to run the show at home, at work and socially. YES ___NO ___
12. I am convinced that hereafter in this drama of life, God is going to be the Director. He is the Principal, we are His agents. YES ___NO ___
13. I am convinced that the following prayer I am going to say out loud with a person who understands is said with all the honesty I can muster at this time. YES ___NO ___

"God, I offer myself to Thee—to build with me and to do with me 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!"

Next we launched out on a vigorous course of action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step it could have little permanent effect unless **at once** followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us. Our addictions were but a symptom. So we had to get down to causes and conditions.

NOTES: