

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 (we woke up), and then we came to believe that only a Power greater than ourselves could restore us to sanity. Write about your "coming to" experiences.
3. Step 3 involves surrender. Do you really believe that you can surrender your will to a God of your understanding? What does it look like in practice? Write about your relationship with God.
4. Do you really believe that your relationship to God as you understand God can restore you to sanity? If you think that you believe already, think again. Because if we really believed, we would be sober? Write about what you do believe and what you still struggle with.
5. What are your obstacles to believing? Is it "pride," is it "a need for control?" If we are in control, our God is not.
6. 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 an episode where you were able to turn a resentment over.
 - c. Meditate and imagine turning your sobriety over to the care of God and then write about it.
7. Faith is a part of Steps Two and Three. Do you have that childlike faith? Do you feel that your Higher Power will help you overcome the power of your addictions? What practical ways can you stay on the winning side? These are usually our top line behaviors.

8. Deciding to turn your will and your life to the care of God, requires two actions, first your initial surrender and then a daily surrender.
9. What does your daily surrender look like, both from a practical action point of view and from an attitude point of view. For example, staying humble, understanding my weaknesses.
10. Write out the third step prayer. You will find it in the big book. Carry it with you. Perhaps laminate it. Say this every morning for two weeks and then anytime you feel tempted.