

# Step 3 Worksheet with Questions

A Guided 3rd Step Worksheet with Questions for AA, NA & Other 12 Step Programs

## Understanding Step 3

The primary way that any 12-step fellowship encourages its members to approach sobriety is to work the steps methodically. The third step is a massive one that brings the early stages of the steps to a close. This step requires members to have 'decided to turn our will and our lives over to the care of God as we understand Him,'.

This is a significant moment. We admitted in the first two steps that our lives had become unmanageable and that only a Higher Power could restore us to sanity. We realized that we had not been good to ourselves. We have consistently tripped ourselves up instead of making good and healthy decisions. During this process, we realized we needed to get out of our own way. It was time to "let go and let God," as an old AA adage goes.

## How to Work Step 3

Here, we put that knowledge to use. As a result, the third step is regarded as the first "action step." The first two involve a critical acceptance, contemplation, and reflection process. The third step entails giving up some of our most destructive behavior in favor of a healthy and productive relationship with a Higher Power. Surrendering to and daily communication with a Higher Power are both heavily emphasized in 12-step programs.

We let go of our attempts to control our own lives, which have led us to increasingly dark places. Instead, we allow ourselves to believe in and follow the path that the Higher Power has chosen for us.

**Focus of step 3:** This step brings together what we learned in working on the previous two. We should now have an idea of why our lives are

unmanageable and how we conceive of a Higher Power. The following questions will help us understand and manage the process of giving control to a Higher Power with spiritual meaning to us.

### Step 3 Questions

How do you feel about giving up control to a Higher Power? Does it feel scary or comforting? Are you willing to surrender control to something greater than yourself?

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Can you identify the root cause of your addiction? Was it because you made poor choices based on irrational thoughts or emotions? Did you experience a lack of self-control or discipline?

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Do you believe in fate or destiny, or do you think you have complete control over your life? How does your Higher Power fit into this belief system?

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What steps do you take to keep your Higher Power at the forefront of your mind each day? Do you find it challenging to make the necessary effort to maintain your sobriety and work towards recovery? What obstacles prevent you from putting in the necessary effort?

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Do you use prayer as a way to connect with your Higher Power? What emotions do you feel when you pray? Do you believe the intention behind your prayer matters?

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Have you had positive experiences with trust in the past? Have you ever felt let down or betrayed by someone you trusted? Do these experiences make it difficult for you to trust others now?

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What gives your life purpose and meaning? Have you ever accomplished something that made you feel proud and fulfilled? Do you have goals or aspirations that give you a sense of purpose?

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Are there certain behaviors or habits that you find easier to let go of than others? Why is this? Are there things that you hold onto despite knowing they are harmful or counterproductive to your recovery?

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Are there specific behaviors or character defects/traits that continue to cause problems in your life? Are there things that you struggle to let go of despite knowing they are detrimental to your well-being? What steps can you take to work on surrendering these issues?

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**How step 3 helps us recover:** These questions were designed to provide insight into the process of surrender. At the same time, they help us begin to try to understand what role our Higher Power will play in our new path.

[Read more about step 3 and the third step prayer.](#)