

Step Three

1) HOW TO TAKE IT (Suggestions)

- a) Take this step with your sponsor, another member of A.A or an understanding friend.
- b) Read each question out loud to the person of your choice. Mark or check off in the Yes or No box

REMEMBER TO DO IT OUT LOUD!!

- c) If you are convinced of the attached questions, you will be feeling comfortable with this step and should move on to the next step.

2) WHAT SHOULD I DO IF I'M NOT CONVINCED?

(Some suggestions are as follows)

- a) Let your sponsor know of your problem. Review the step with him or her. Pinpoint the part of the step you are having problems with.
Be honest with yourself!
- 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 that carries the main thrust on step 3, namely, "How it Works - pages 58-63" (Read 100 times if necessary).
- d) Go to as many meetings as possible. Hearing and listening for words that will help convince you.

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What I am convinced of when I say: “I made a decision to turn my will and my life over to the care of God as I understood him.”

1) I'm Convinced-	That the <u>constant belief</u> in a “power greater than ourselves,” 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.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2) I'm Convinced-	That half-measures or taking this program half-hearted <u>will avail me nothing</u>	<input type="checkbox"/> Yes <input type="checkbox"/> No
3) I'm Convinced-	That I have to <u>let so absolutely</u> the thought of holding on to <u>old ideas</u> that are <u>harmful to me and others</u> . The results of my program of recovery will be nil until I let go absolutely. These “ <i>ideas</i> ” will be disclosed later in the program	<input type="checkbox"/> Yes <input type="checkbox"/> No
4) I'm Convinced-	That I must go on with steps 3 thru 9 if I am to recover, and that steps 10, 11 and 12 will give me the tools to <u>live each day comfortably</u> without consuming alcohol	<input type="checkbox"/> Yes <input type="checkbox"/> No

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5) I'm Convinced-	That I have to develop a manner of living which demands <u>rigorous honesty</u> with myself and others.	<input type="checkbox"/> Yes <input type="checkbox"/> No
6) I'm Convinced-	That life run on my own self-will hasn't been a <u>success</u> ; Doing things <u>my way</u> usually ends up hurting someone else.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7) I'm Convinced-	<u>My self-centeredness</u> , which appears in such forms as fear, self-delusion, self-seeking and self-pity, is the <u>root of my troubles</u> ; Self-centeredness means <u>excessive thought of self</u> , whereby my total energy is spent trying to maintain <u>myself</u> , and get <u>me</u> what I <u>want</u>	<input type="checkbox"/> Yes <input type="checkbox"/> No
8) I'm Convinced-	<u>My troubles</u> are basically of my own making; I step on the toes of my fellows and they retaliate	<input type="checkbox"/> Yes <input type="checkbox"/> No
9) I'm Convinced-	That at some time in the past I have made decisions <u>based on self</u> which later placed <u>me</u> in a position to be hurt.	<input type="checkbox"/> Yes <input type="checkbox"/> No

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<p>10) I'm Convinced-</p>	<p>I have to <u>quit playing God</u> because it didn't work; Playing God is trying to <u>run the show</u> at home, at work or socially</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
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<p>11) I'm Convinced-</p>	<p>That the following prayer I am going to say out loud with a person who understands; Said with all the honesty I can muster at this time. <i>(No reservations ie "No"- "Yes"- "But")</i> "God, I <u>offer myself to Thee</u>-to build with me and do with me as Thou wilt. <u>Relieve me of the bondage of self</u>, that I may better do Thy wilt. 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. <u>"May I do Thy will always"</u></p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
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<p>12) I'm Convinced-</p>	<p>That I <u>constantly</u> have to watch that I don't drift into worry, remorse or morbid reflections of the past.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
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<p>13) I'm Convinced-</p>	<p>That if I <u>constantly say</u> to myself, , "<u>Thy will be done (not mine)</u>"- <u>many times</u> during the day – that worry, remorse or morbid reflections of the past will slip away</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
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14) I'm Convinced-	That <u>every night</u> I have to constructively review my day - Was I resentful, selfish, dishonest or afraid?	<input type="checkbox"/> Yes <input type="checkbox"/> No
15) I'm Convinced-	That <u>upon awakening</u> I have to consider my plans for the day, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.	<input type="checkbox"/> Yes <input type="checkbox"/> No
16) I'm Convinced-	That I only made an offer of myself in my prayer and that the <u>quality (sincerity) of my decision</u> in step 3 will dictate whether I feel comfortable in my recovery.	<input type="checkbox"/> Yes <input type="checkbox"/> No
17) I'm Convinced-	Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations. We started upon a personal inventory - this was step -4.	<input type="checkbox"/> Yes <input type="checkbox"/> No