

1

Step 1 - We admitted we were powerless over alcohol—that our lives had become unmanageable.

2

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

3


Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood Him.

Topic: Step 3 Hosted by A Design for Living – Big Book OA Intergroup (www.ad4l.info)

1

Don't make a project out of working the Steps. Go through your day being the sort of person you would like to be, trying to help someone else, and making sure you don't hurt anyone. And when you get to the end of your day, review the Twelve Steps, and you will find that you have worked all of them.

-- Bill W., speaking at a meeting, Hollywood Legion Fight Arena, 1951



2

The Set Aside Prayer

God, please set aside
EVERYTHING I think I know about You,
EVERYTHING I think I know about Myself,
EVERYTHING I think I know about Others,
EVERYTHING I think I know about Recovery,
 So that I may have an open mind and a new experience with these things and come to know you better.

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3

STEP ONE

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL — THAT OUR LIVES HAD BECOME UNMANAGEABLE

BODY

BODY -
Once I START I cannot STOP

MIND

MIND -
Once I STOP I cannot STAY STOPPED

WILL

WILL -
Unmanageability - our self-will run riot

- The beds are not made,
- the dishes are not done,
- The kids are crying
- We can't get to work
- We damage our bodies

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4

STEP ONE

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL — THAT OUR LIVES HAD BECOME UNMANAGEABLE

Dash?

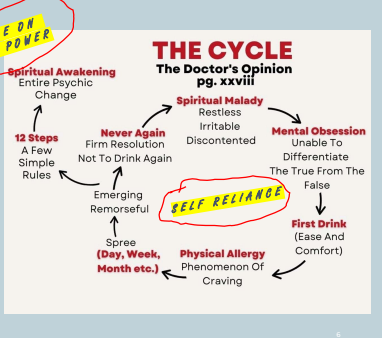
- That my life has this element of "unmanageable" whether I am abstinent or not, whether my body is at the perfect weight or not, whether I look "normal" or not.
- No matter how my life looks on the outside, addiction causes all of that to hang in a **PRECARIOUS BALANCE**.

This is the cycle of addiction - see next slide

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THE CYCLE
The Doctor's Opinion pg. xxviii



RELIANCE ON HIGHER POWER (circled in red)

SELF RELIANCE (circled in red)

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STEP TWO

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES
COULD RESTORE US TO SANITY.

Let go of **SELF-RELIANCE!**
We have to do this every day
and many many many times a day.
BUT HOW?

A change in the way we think, feel and behave
A TRANSFORMATION

This is NOT a SELF-HELP program.

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SELF - RELIANCE

8

RELIANCE ON SOMETHING OTHER

9

Recovery is not about how I FEEL (BODY): *Trust* that this feeling will pass

It's not about what I THINK (MIND): *Believe* that acceptance CAN work for you

It's about what I do -TAKE ACTION (WILL): *Faith* that you are on the right path.

Ours is a program of ACTION

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STEP TWO

How I BEHAVE tells me what I BELIEVE.

What are my feet telling me?

READY - FIRE - AIM

READY - AIM - FIRE

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STEP THREE

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

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

Let go of **SELF-RELIANCE!**
One day at a time

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

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

If you are as seriously alcoholic as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help. This we did because we honestly wanted to, and were willing to make the effort.

(p.25 Big Book)

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<p>1</p> <p>I am powerless</p> <p>Are you done?</p>	<p>2</p> <p>There is a Power</p> <p>Do you see hope in these rooms?</p>	<p>3</p> <p>Just for this moment, I let go of doing it my way.</p> <p>Am I am willing to try something different?</p>
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STEP THREE
MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM

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

"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!"

(p.63 Big Book)

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

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