

AA Step 3 Worksheet

Patient Information:

Name:

Date:

Instructions

This worksheet is designed to assist you in the third step of the Alcoholics Anonymous (AA) program, which involves surrendering your will and life to a higher power. Please take your time to reflect on the questions and prompts provided. Your responses will help guide your journey of self-discovery and recovery.

Step 1: Understanding Your Higher Power

- Describe your current understanding of a higher power or spiritual belief.
- How has your perception of a higher power evolved during your recovery journey?

Step 2: Areas of Control

- List specific areas of your life where you have attempted to maintain control.
- Reflect on how this need for control has impacted your well-being and relationships.

Step 3: Benefits of Surrender

- Identify the potential benefits of surrendering control to a higher power.
- Consider how surrendering can bring peace, serenity, and freedom from the burdens of control.

Step 4: Challenges and Fears

- Acknowledge any challenges or fears about releasing control and surrendering to a higher power.
- What are your reservations about surrendering to a higher power?

Step 5: Making the Decision

- Based on your reflections, express your decision to turn your will and life over to your higher power.
- Write down your commitment to recovery and growing trust in your chosen higher power.

Step 6: Personal Prayer or Affirmation

- Create a personal prayer, affirmation, or statement that encapsulates your decision from Step 3.
- This will serve as a daily reminder of your dedication to recovery.

This completed AA Step 3 Worksheet is a valuable resource in your journey towards sobriety. It provides a structured approach to understanding your spirituality, addressing control issues, and reinforcing your commitment to recovery.

Feel free to share your thoughts and insights with your healthcare provider or support network to enhance your recovery journey.