

AA Step 3 Worksheets

Name: _____ Date: _____

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

Step 3 is about making a conscious decision. This worksheet helps you explore what it means to turn your will and life over to a Higher Power. Take your time with each question. There are no right or wrong answers, only your honest thoughts and feelings.

How do you understand your Higher Power today? (This can be God, the Universe, the AA group, or any power greater than yourself.)

Describe a recent situation where your self-will caused problems in your life or relationships.

What are some ways your self-will shows up?

Check all that apply:

- ☐ Trying to control people, places, and situations
- ☐ Being stubborn or unwilling to listen to others
- ☐ Making decisions based on fear
- ☐ Putting my needs first without considering others
- ☐ Holding onto resentments
- ☐ Perfectionism or unrealistic expectations
- ☐ Other:

What fears do you have about turning your will and life over to your Higher Power?

What would change in your daily life if you truly let your Higher Power guide your decisions?

Describe a time when you let go of control and things worked out better than expected.

Making the decision

What specific areas of your life are you willing to turn over to your Higher Power today?

Examples: relationships, work, finances, health, recovery

What areas are you still struggling to let go of? It's okay to be honest about this.

How will you practice turning your will over on a daily basis?

Examples: morning prayer, meditation, asking for guidance before making decisions

Today, I make a decision to turn my will and my life over to the care of my Higher Power. I understand this is a daily practice, not a one-time event. I commit to working on letting go of self-will and trusting in a power greater than myself.

Signature: _____ **Date:** _____