

Step 3 Worksheets

Faith

Do you fear a loss of control, or do you welcome the possibility of someone or something making decisions for you?

Did you lose control of your life due to a lack of rational judgment or a lack of emotional control?

Does your Higher Power have a plan for you, or does this power leave you with free will?

How do you maintain the presence of your Higher Power in your daily life? Do you believe recovery requires more of an effort than you are currently making? If so, why?

Do you ever pray? How does prayer make you feel? Does it matter why you pray?

Have you ever truly trusted anyone? Was this trust betrayed? How easy is it for you to trust now?

Do you feel like your life has meaning? Has anything you have done in the past made you feel like your life was meaningful? Why?

Are there things that are easy for me to surrender? Are other things very difficult to surrender? Why and what is the difference?

What is the most problematic habit or part of me which I have not yet fully surrendered?

What are the pro's & con's if I were to surrender that habit?

Pro's	Con's