

12 STEP WORKBOOK

STEP THREE – THE DECISION – SURRENDER

"Made A Decision To Turn Our Will And Our Lives Over To The Care Of God, As We Understood Him"¹⁵

READ IN PREPARATION:

"Big Book" of *Alcoholics Anonymous* Pages 58-63
And, *Twelve Steps and Twelve Traditions* – Step Three
Pages 35-42

SUGGESTED WORK

Complete the following items giving *specific examples for each*, giving dates, times and the people involved. Please write a *paragraph rather than a sentence* for each example.

- 1) What evidence is there that you are willing to change your behaviour? And, what behaviour do you want to give up?
- 2) How do you think that, with the help of the program and Members of AA, you will be able to change? How can you use the help available?
- 3) Define "the Program."
- 4) How does your will relate to you carrying out your thoughts (beliefs)?
- 5) How does your life relate to your actions?
- 6) What are you doing today to turn over your "will and your life" to each of the following:
 - a) Your Higher Power
 - b) The program (the steps)
- 7) How are you an active or passive person? How have you gotten things done or put them off?
- 8) How have you accepted or evaded responsibility in your life?
- 9) What does the word decision mean? And, is this an active process? And, explain your answer.