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Aa step three worksheet

An AA Step 3 Worksheet is a valuable resource used within the framework of Alcoholics Anonymous (AA) to guide individuals through the third step of the 12-step recovery program. This step involves turning one's will and life over to the care of a higher power, as understood by the individual. The worksheet is a structured tool designed to help individuals delve deeper into this important phase of their recovery journey. This worksheet typically contains thought-provoking questions and prompts that encourage self-reflection and exploration. It assists participants in contemplating their understanding of a higher power and the willingness to let go of control over their lives, a pivotal aspect of the recovery process. The questions on the worksheet often cover topics such as defining one's concept of a higher power or spiritual belief and identifying areas of one's life where control and self-will have been problematic. The worksheet may also ask individuals to reflect on the benefits of surrendering to a higher power and the challenges of maintaining control and develop a personal prayer or affirmation related to Step 3. The worksheet is a tool that fosters self-awareness, spiritual growth, and personal transformation. It guides individuals to gain clarity on their spiritual journey and reinforces their commitment to recovery. By thoroughly examining their beliefs and willingness to trust in a higher power, individuals in recovery can find strength and serenity as they work towards lasting sobriety. For additional clinical documentation and recovery resources, including the , you can visit the Carepatron website. This platform may offer further insights and tools to support individuals' journey to better health and wellness. Click here to view on YouTube Begin by obtaining a printable AA Step 3 Worksheet from a trusted source such as the official AA website or Carepatron's resource library. Find a Quiet Space Choose a quiet and comfortable space to focus on self-reflection and contemplation. Date and Personal Information Enter your name, date, and other required personal information on the worksheet. Reflect on the Concept of a Higher Power Begin by considering your understanding of a higher power or spirituality. Reflect on your beliefs, experiences, and any existing notions. Identify Areas of Control Explore the areas where you have tried to maintain control but have struggled. This can include aspects related to addiction, relationships, or personal behaviors. List the Benefits of Surrender Write down the potential benefits of surrendering control to a higher power. This may include reduced stress, emotional peace, and improved relationships. Acknowledge Challenges Identify the challenges and fears associated with relinquishing control. Be honest about any reservations or doubts you may have. Make a Decision Based on your reflections, make a conscious decision to turn your will and life over to the care of your higher power as you understand it. This step signifies your commitment to recovery. Develop a Personal Prayer or Affirmation Create a personal prayer, affirmation, or statement that encapsulates your decision to surrender to your higher power. This can serve as a daily reminder. Share and Discuss If you're comfortable, consider sharing your thoughts and decisions with a sponsor, mentor, or trusted support network member. Daily Practice Incorporate your Step 3 decision into your daily life. Use your prayer or affirmation as a reminder to let go of control and trust in your higher power. Regular Review Review your AA Step 3 Worksheet to reassess your commitment and progress in surrendering control to your higher power. The AA Step 3 Worksheet is a valuable tool for recovery in AA, especially in various situations. Early Recovery Support: This worksheet is crucial for those beginning their recovery journey. It provides structure and helps them understand the importance of surrendering control and committing to the program, acting as a foundational tool during this vulnerable phase. One-on-One Counseling: Counselors and therapists can use the AA Step 3 Worksheet for in-depth discussions about spirituality and control, fostering a more comprehensive therapeutic process. Group Therapy Settings: Group therapy facilitators can distribute the AA Step 3 Worksheet to promote peer collaboration and discussion, fostering community and shared learning. Mentorship and Sponsorship: Sponsors and mentors are crucial in guiding newcomers through the AA program. The AA Step 3 Worksheet is a structured guide for these mentors to help their sponsees navigate Step 3 effectively. It ensures that sponsees delve into their understanding of a higher power thoughtfully and comprehensively. Periodic Self-Reflection: Recovery is an ongoing journey, and individuals benefit from periodic self-reflection and recommitment. The AA Step 3 Worksheet offers a convenient tool for individuals to revisit their commitment, reminding them of their progress and their ongoing journey toward lasting sobriety. Transitioning Between Steps: As individuals progress through the 12 steps, they may find the AA Step 3 Worksheet useful when transitioning from Step 2 to Step 3. It helps bridge the gap between these two steps, ensuring a smooth transition and providing a structured approach to Step 3. Recovery Maintenance: Even after completing all 12 steps, maintaining recovery often involves continuous spiritual growth and self-awareness. The AA Step 3 Worksheet remains a valuable resource for individuals to reaffirm their commitment and sustain their progress in recovery. The AA Step 3 Worksheet offers a structured and systematic approach to self-reflection. It guides individuals through a series of thought-provoking questions and prompts. This structured format is particularly beneficial for those in early recovery who may be grappling with the complexities of spirituality and the concept of surrender. By following a clear path, individuals can better understand their beliefs and their readiness to turn their will and life over to a higher power. Reinforcement of Commitment Committing to recovery is a pivotal step in overcoming addiction. The AA Step 3 Worksheet encourages individuals to articulate their decision to trust in a higher power in writing. This written commitment serves as a powerful reminder of their dedication to sobriety. It's a tangible declaration that reinforces their resolve during challenging times. Whether displayed prominently or kept as a personal affirmation, this documented commitment can help individuals stay focused on their recovery goals. Facilitates Meaningful Discussions For practitioners, sponsors, and therapists, the AA Step 3 Worksheet is an invaluable tool that promotes meaningful and guided discussions. It opens doors for in-depth conversations about spirituality, control issues, and surrender. By delving into the responses provided by individuals, practitioners can gain insights into their thought processes, fears, and reservations. This insight, in turn, informs the therapeutic process, allowing practitioners to tailor their support to address specific challenges and needs. Accessibility and Convenience Free AA Step 3 Worksheets are readily available online, making them easily accessible to a wide audience. Whether in PDF or printable formats, individuals can download and use these resources at their convenience. This accessibility is particularly advantageous for those who may not have immediate access to in-person support or literature. It empowers individuals to take an active role in their recovery by providing a valuable tool that can be used independently or in conjunction with counseling or group therapy sessions. The AA Step 3 Worksheet offers a structured, commitment-reinforcing, and discussion-facilitating resource accessible to a broad spectrum of individuals seeking recovery from addiction. Its comprehensive approach fosters a deeper understanding of spirituality and control issues, ultimately contributing to more effective and sustainable recovery journeys. The AA Step 3 Worksheet is an integral part of the Alcoholics Anonymous (AA) program, which has a rich history dating back to its founding in the 1930s. The worksheet may not have a formal historical record, but its foundations lie in the extensive body of research and experiential evidence accumulated over decades of AA's existence. Alcoholics Anonymous was founded in 1935 by Bill Wilson and Dr. Bob Smith. It emerged as a self-help and mutual support group for individuals struggling with alcohol addiction. The AA program, encompassing the 12 steps, was developed through trial and error based on the founders' personal experiences and interactions with others in recovery. While AA is not a research institution, the 12-step program, including Step 3, has been subject to qualitative and quantitative studies over the years. Numerous studies have explored the efficacy of AA in promoting abstinence and long-term sobriety. These studies often find that engagement in AA is associated with improved outcomes. Research has shown that the spiritual component of the AA program, including Step 3, plays a significant role in the recovery process. It provides individuals a framework for surrendering control, finding meaning, and building a supportive community. AA's longevity and global reach serve as anecdotal evidence of its effectiveness. Millions of individuals worldwide have benefited from the program, which suggests its enduring value in addiction recovery. The AA Step 3 Worksheet is deeply rooted in Alcoholics Anonymous' principles and practices and supported by historical success, personal testimonials, and broader research. It's a valuable tool for recovery and promotes lasting sobriety through AA's 12-step philosophy. 12 Steppers. (2023, August 12). Step 3 Worksheet with Questions [Free PDF Download & Print] - 12 Steppers. steps of alcoholics anonymous - (2018, November 3). Daily Recovery Club. beginner's guide to AA Steps 1-3 | Hazelden Betty Ford. (n.d.). step 3 of the 12 step program. (n.d.). Software. (n.d.). Worksheets from 12Step.org for All Steps. Staff. (2023, February 3). Step 3 of Alcoholics Anonymous | The 12 Steps of AA. Project Know. T. (2020, December 15). AA Step 3: The Ridiculous Power Of A Decision. SOBERTOSTAY. S. (2021). How to work Step 3 | 12 step program tips & worksheets. Briarwood Detox. S. (2022, March 21). AA Recovery Step Worksheets (Printable PDF Inventory Guide). Sober Speak. Sound Marketing. (2022). Breaking down step three of AA alcoholics Anonymous ?? Jason Wahler??: Living Life with Purpose & Passion??: Celebrity, Wellness, Family & recovery. Jason Wahler??: Living Life With Purpose & Passion??: Celebrity, Wellness, Family & Recovery. 3 & Tradition 3 worksheets. (2018, April 29). Emotional Sobriety and Food. by the Big Book - Step 3 - Steps by the Big Book, Workbook for the 12 Steps of Alcoholics Anonymous (AA). (n.d.). Open Source. B. (2021). Understanding step 3 of the AA twelve steps. Verywell Mind. typically uses AA Step 3 Worksheets? Who typically uses AA Step 3 Worksheets? Who typically uses AA Step 3 Worksheets? When are AA Step 3 Worksheets used? How are AA Step 3 Worksheets used? How are AA Step 3 Worksheets used? Alcoholics Anonymous is a 12-step program where members work the twelve steps as outlined in the AA big book. A worksheet simplifies these important steps and lets people consider as much detail as possible for their step work. We provide several worksheets (PDF files) to help people on the path to sobriety and the spiritual awakening necessary to continue to stay sober. These can be a great resource as we move through this recovery program. The steps of Alcoholics Anonymous can be divided into four phases, each containing three steps. This first phase brings us from acknowledging we have a problem with alcohol abuse to the point where we come to understand that there is only one to deal with it. This step is critical in moving toward a better life. It is the first time we have faced the fact that we can't manage our lives. This worksheet explores how we came to this admission and examines what shows that our lives are unmanageable. This worksheet aims to examine three things and, in doing so, initiates our conscious contact with God. The following questions are asked: What would our higher power be like, or what would it be like if we were agnostic or atheist? What is our understanding of sanity, and what is our perception of its value? Why is relying on a higher power necessary to achieve sanity? In step 2, we become aware of a Higher Power and now reach out to that Higher Power. This is the beginning of our spiritual experience. The worksheet for this step is a simple invitation to reflection that culminates in confirming the decision we have just made. Critical to staying sober is the achievement of emotional sobriety. This phase can be terrifying, but the end results are catharsis and freedom from your former self. The fourth step takes time, and we often need to conquer hesitation. The worksheet contains multiple sections for the fourth step inventory. Resentment Fear Harm Sexual Conduct There is often an overlap between 2 or more of the sections. This is intimidating. We sit down with someone, typically our sponsor, and review what we revealed about ourselves in step 4. This worksheet is simple. It is a list of what we admitted and a space for notes we can make based on any discussions arising from the conversation. The worksheet for this step helps us list our character defects and the effects that these character flaws have and provides the details of the change we expect to happen as we allow God to remove them. The intent of this worksheet is to provide encouragement by letting us glimpse the future as we consign these things to the past. Now that we have reviewed our past and the problems that affected our drinking and were in turn affected by our alcohol abuse., we move, in this phase, to dealing with these issues. This is similar to the step 5 worksheet. It is a list of each shortcoming we ask our Higher Power, in faith, to remove. We can draw on some of the information in the step four worksheet. We list the person and the harm we have done them. People may well appear several times. This sheet expands on the 8th step worksheet. We name the person and give details of the event we must make amends for. It is critical that we understand our feelings and what motivated us to do what we did. It helps us understand ourselves and enables us to answer the question, "Why?" if the person we are making amends to asks that. The step imposes a condition on making direct amends - except when doing so would injure them or others, and we need to decide whether to make direct amends to them based on this possibility. The comments portion of this worksheet allows us to comment on anything, such as why they would be harmed by direct amends or things we should say when talking to such people. It is possible that we can use this condition to avoid dealing with the persons we have harmed. For this reason, we need to show this to our sponsor and have our sponsor call us out in possible avoidance. Phase 4: Maintaining Our Sobriety We have done it, and through the difficult last two phases, we have made gigantic strides towards emotional sobriety. Remember the 9th step promises begin and end with a contract If we are painstaking about this development phase, we will be amazed before we are halfway through. They will materialize if we work for them. But now we deal with the issue of maintaining the victory that we have achieved over alcohol with the help of our higher power. This takes place through daily reflection and constant self-evaluation, which is the hallmark of the worksheets of this phase. This worksheet contains two tables to help us reflect on the fears, emotions, and defects of the day. This is a simple journal, really. It provides space to record the thoughts and feelings that come to us in prayer and meditation. This, too, is a journey. How have we carried the message, and to whom? How can we carry the message? The key to each step of this simple program is being completely honest. The Big Book places honesty as the most important part of our ability to achieve and sustain recovery. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. It reinforces this when it says There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. As a result, there can be no evasion of any fact for each step. In practical terms, any time we try and duck the reality of how we were when we were drinking is a lie to ourselves and a barrier to a better life. At the end of the day, we are the historians of our own personal experience. If these steps do not reflect that experience accurately or completely, no matter how hard it may be, we do ourselves a disservice. This means that each step should not be rushed. The finish line is getting to the 12th step as well as you can. There is no prize for speed, incompleteness, or evasion. We have printable worksheets (pdf files) on the Step Worksheets tab on this website. These sheets are excellent learning tools because one of their purposes is to help us learn about ourselves and what needs to change to become and stay sober happily. They are provided to help people achieve what they intended when they first started coming to A.A. meetings. The sponsor's role is crucial here. When working on a step, pull up your sponsor's phone number on your phone. They have been through the process and are veterans. Better than us, as new entrants to the quest for sobriety, they know the pitfalls that we can encounter at each step and the results of these steps. Good friends call us out, and sometimes, we need our sponsor to do that. By recording everything in writing, we give our sponsor insight into what we are thinking and feeling. If we share these sheets with our sponsors, we make their roles easier and their advice better. That only helps us achieve better outcomes. Here's a final thought: Once you have completed a worksheet, keep it. Sometimes, going back over them can remind us how far we have come. They are also a record of our journey. Note: Except where specified, all quotes are from the Big Book of Alcoholics Anonymous Showing top 8 worksheets in the category - Step 3 Alcoholics Anonymous. Some of the worksheets displayed are Step 3 aa work, Step three work with questions, Notes on steps 1 2 3, The program, Fourth step inventory, Thirty meditations from scripture for each step in recovery, Twelve steps of adult children workbook, 12 step workbook. Once you find your worksheet, click on pop-out icon or print icon to worksheet to print or download. Worksheet will open in a new window. 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