



PURPOSE HEALING CENTER

STEP THREE AA WORKSHEETS

*"We made a decision to turn our will and our lives
over to the care of God as we understand Him."*

480.579.3319 | purposehealingcenter.com

AA STEP 3 WORKSHEET

"We made a decision to turn our will and our lives over to the care of God as we understand Him."

Step 3 of AA asks you to turn your will and life over to a Higher Power, as you understand Him. This worksheet will guide you through self-reflection as you take the next steps toward a successful recovery.

1 Reflecting on Step 1

In what areas of your life have you tried to exert control without success?

How does it feel to let go of that control?

2 Reflecting on Step 2

How do you personally understand your Higher Power?

What role has faith played in your recovery so far?



PURPOSE
HEALING CENTER

480.579.3319 | purposehealingcenter.com

AA STEP 3 WORKSHEET

"We made a decision to turn our will and our lives over to the care of God as we understand Him."

3

Commitment to turn your life over to a Higher Power

What actions can you take today to show your commitment to Step 3?

How will turning your will over to your Higher Power change your approach to recovery?

What fears or reservations do you have about taking this step?



PURPOSE
HEALING CENTER

480.579.3319 | purposehealingcenter.com

AA STEP 3 WORKSHEET

"We made a decision to turn our will and our lives over to the care of God as we understand Him."

4

Seeking Wisdom from Your Higher Power

How can you seek guidance from your Higher Power when you face challenges?

What trusted people or mentors can help you strengthen your faith?

What practices (prayer, meditation, etc.) can you use to connect with your Higher Power?



PURPOSE
HEALING CENTER

480.579.3319 | purposehealingcenter.com