

# Step Three

## *Third Step Prayer*

*God,*

*I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life, may I do Thy will always!*

### We Do Together:

- Continue reading "How it Works" (review [the arch](#)).
- Discuss work described on this sheet.
- We will say the Third Step Prayer together.

### Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Recite the *Third Step Prayer* morning or night (or both!).
- Continue sending gratitude lists.
- Continue reading the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* the Bible/Quran/Torah/Upanishads/ Humanist/Buddhist tome (whatever you, or your religion (if any), decree sacred). If you have no specific religious or spiritual beliefs and are opposed to deity belief systems, I recommend books on quantum physics, nonduality, astronomy, nature, or meditation techniques – though these are just suggestions (*you* choose).
- A minimum of six meetings per week.

### Step Three Work:

- Study and pray the Third Step Prayer.
- Read the *Twelve Steps and Twelve Traditions* chapter on Step Three to review together next time.
- Continue using and referring to the completed Step Three *pre-exercise* when needed.
- Read the Third Step chapter in *The Steps We Took*.
- Pre-Fourth-Step homework: create a usage/life **timeline** (at a neutral location). *Never detail any event that could re-traumatize you.* "Bad event when I was 18" or "started using after divorce" or "abuse from family member occurred" is *more* than enough, perhaps even more detailed than necessary. Save trauma work for therapy with experts trained in this field – this is solely to give yourself a sense of chronology and usage patterns related to life events and to help me understand your usage history as well as whether the [ACA](#) program (*along* with professional help with the greenlight to do so) is needed after Step Work is completed. *Never disclose anything that is better suited to a professional; whether it be legal, clergy, or medical/psychological.*

YOU CAN DO IT ☺

Recovery Resources for Women: [www.xyZrecovery.com](http://www.xyZrecovery.com)