

Considerations for Steps 1, 2 & 3

Is this work, as outlined in the book Alcoholics Anonymous, what I want to do?

Am I willing to go to any lengths, even though I may not know what that might look like, to do this work and seek God's will?

Why do I need to do this work?

Am I willing to look at and begin to admit the areas of my life where I'm being dishonest with myself and others? (Blatant, omission, delusion)

Am I willing to ask that which I believe in, in my own way from my own heart, for an open mind and a new experience for the things I would like to have an open mind and a new experience with? (The Set Aside Prayer)

Do I believe this book is laid out to show other alcoholics precisely how to recover and that it's the main purpose of the book?

Am I willing to admit that from where I am now that in and of myself without God I am nothing and without God I'm lost?

Does my experience abundantly confirm that once I put alcohol (drugs) into my system something happens where I lose control over the amount I take once I start? (Am I willing to look at that with whatever the symptoms of my problem might be?)

Am I willing to ask God to help me fully concede to my innermost self the truth of my first step?

Am I convinced that I am not like other people or presently may be? Has that idea been smashed? That drunk or sober I am an alcoholic and cannot manage my own life?

Am I convinced at a certain time, and I might not know when that certain time might be, what it might feel like or what it might look like, that there will be no effective mental defense against that first drink or drug?

Am I convinced that no human being and no human power can provide me with an effective mental defense against that first drink or drug?

Am I convinced that whatever it is I'm powerless over, whatever the truth is in the first half of the first step for me, that my defense must come from a higher power?

Do I believe I am suffering from an illness which only a spiritual experience conquer?

Do I have any other alternatives other than the 2 on page 25? “.....we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.”

Do I have any other alternatives?

Is lack of power my dilemma? And do I need a power by which I can live? And am I committed to finding out where and how to find that power?

Do I now believe, or am I willing to believe, there IS a power greater than myself? A power greater than myself than can take me beyond where I find myself now with everything I've seen in the first step? (My trouble with personal relationships? My trouble with my emotional nature? Of being prey to misery and depression? My unhappiness? My trouble with my dependencies? My trouble with medication? My trouble with love? My trouble with passion, having a passionate life? My trouble with work? My trouble with money? My trouble of being of real help to other people? Fear?)

Do I believe, or am I willing to believe, God can take me past all that?

And not only do I believe, or am willing to believe, CAN HE, am I willing to face the doubt and reservations that I have about WILL HE? FOR ME? As I am with the truth I've seen in step one?

Am I willing to face my doubt?

Am I willing to be shown my current agnosticism?

Do I see my current agnosticism is the same and only a reflection of the current unmanageability (the current manifestations of page 52) I am experiencing in my life?

Do I see my unmanageability is my agnosticism?

Am I willing to face my current situation surrendered to a self-imposed crisis I can no longer blame on anyone else or anything else? That I can no longer postpone or evade? Am I willing WITHOUT FEAR to face the proposition that God is either EVERYTHING or He is NOTHING? To choose now that He is or to choose now that he isn't?

There is no right answer

The work can begin from either answer

Am I willing to abandon everything I think I know so that I can have an open mind and a new experience?

Did I mean it when I prayed the Set Aside Prayer?

Have I faced my doubt? My prejudice? My worship of things? My worship of people? My worship of sentiment? My worship of money? My worship of myself? My worship of my mind? My worship of my ideas? My worship of what I've learned? The worship of the book and all my notes?

Did I really mean what I said in the Set Aside Prayer?

Do I really want an open mind?

Do I really want a new experience?

Am I willing to abandon it all utterly?

With the work I have done up to this moment in the first step, am I convinced of.....

The illness of Body, Mind & Spirit from which I suffer?

The phenomenon of craving,
the mental obsession to drink,

and the spiritual malady?

With the work I have done up to this point in the 2nd step.....

Am I convinced there is no effective mental defense against that first drink?

Am I convinced that I am an alcoholic? (Or whatever your truth is)

Am I convinced that drunk or sober my life is unmanageable?

CAN I MOVE MY LIFE PAST WHERE I AM UNDER MY OWN POWER?

Am I willing to face at this point what I've done with Grace, what I do with power, with what I do with all I've been given and see that within the realization of the Grace Of God in my life, weather it is one day or 50 years, is where a fearless first step will be?

Is there is any fear left to face the proposition that God is EVERYTHING or NOTHING?

Is there is a piece of self that has a reservation about alcohol?

Because if you're afraid of drinking again or afraid to face any of this stuff you will not meet the condition that says you must fearlessly face the proposition that God is EVERYTHING or NOTHING.

If there is fear, am I willing to look through it and see that there is a part of self that believes I, without God, can do something about those fears?

Am I really convinced that no human being and no human power can relieve me of what I suffer from?

AND

Am I willing to believe that God not only CAN but that HE WILL FOR ME if I seek Him?

Can I ask God to remove my reservations about alcohol and my fear of the proposition that God is EVERYTHING or NOTHING and ask for the needed power to face my self-imposed crisis?

Do I believe that God will also give me the power to seek him?

Am I convinced that my life run on my will is NOT successful?

Do I believe?

Or Am I willing to believe?

That God CAN and WILL FOR ME take me past where I am currently?

Can I clearly see that selfishness and self-centeredness is the root of what I suffer from?

Can I clearly see that I am driven by a hundred forms of fear, self-delusion, self-seeking and self-pity?

Can I clearly see that when I step on the toes of my fellows they retaliate?

Can I clearly see that I have made decisions based on self, at some time in the past, which has placed me in a position to be hurt, confused and baffled and now that hurt and confusion has created a desire to move past where I am?

Can I see the freedom in the fact that my troubles are of my own making and that I am not a victim of the things I have seen in the unmanageability and agnosticism and areas I'm running my life on self-will which will become my inventory?

The book refers to the decision we make in the 3rd Step as:
"the how and why of it"

First, they will tell me why I need to make this decision.....
Because playing God does not work

How do I make this decision?

I simply decide that from hereafter, from this place I find myself, with everything I've seen and experienced with my hopeless alcoholism and unmanageability.....that I would like God to be My Director, in ways I might not even know, and I would like to be an actor who wants to quit trying to be a director..

I would like to be an Agent Of God and have Him be My Principal.
I would like to be His Child and have Him be My Father.

Am I willing to face and be rid of any old ideas I have about these principles and really make this decision?

What would I like My Father to be?

What does that mean to me?

What would I like My Director to be?

How would I like to act?

How would I like to be?

How would I like to be directed?

What would it mean to be His Agent?

Is it an honor?

Is it arrogant?

Is it possible?

Is it a reality to be any of those things, an Agent Of God or a Child Of God?

If that idea could go from your head to your heart, that you are a Child Of God, you will never have a problem with low self-esteem ever again because there's nothing you could ever do, get, accomplish, have, earn, work for more than the realization in your heart that I AM A CHILD OF GOD!!!

The 3rd Step Prayer

God

I offer myself to Thee

To build with me and 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 and Thy Way Of Life
May I do Thy Will always