

# The Surrender Steps:

## Working the 1st Three Steps (Am I ready to capitulate)

Step 1 - We admitted we are powerless over alcohol and our lives have become unmanageable. **What is my answer---** **Yes or no**

Step 2 - Came to believe that a Power Greater than ourselves can restore us to sanity.

**What is my answer---** **Yes or no**

Step 3 - Made a decision to turn our will and our lives over to the care of God as we understand Him. **What is my answer---** **Yes or no**

### [Am I willing to go to any length to recover?](#)

After we become Willing to believe in a Power Greater than ourselves or honestly describe our conception of our Higher Power (God as I understand Him) we can now start the 12 Steps of Alcoholics Anonymous we work with our sponsor or understanding person and they ask us the first three questions (which are the 1st Three steps) Then we turn to pg 63 in the A.A. Big Book and read The 3rd Step Prayer (second paragraph) we continue reading on for the next 9 Steps. If we say Yes to the 1st three Steps we are now at Step 4. We vigorously set out on a course of action to identify our Spiritual defects of Character.

**Spiritual Principle** in the 1st Three Steps is— **Honesty**

***Before working the 1st Three Steps I need to look deep down inside myself. Am I ready to work the first three Steps? Do I believe that I am a Alcoholic? Is there any other way I can stay sober? When I drink does something happen to me that does not happen to the moderate drinker? Have I read the first 164 pgs of the Big Book? Am I powerless over alcohol? Has my life become or is it starting to become unmanageable especially when alcohol is involved? Can self knowledge keep me sober, can it keep me sober for long? Do I obsess about drinking? Do I make a decision to quit drinking and continue to want to drink? Does my mind wonder if I can handle let's say 2 drinks? Do I plan out my next drinking episode and then come to my senses sometimes. Do I have nightmares about drinking and wake up and think I got drunk? Do I have drinking dreams? Do I battle with the obsession that I can control my drinking? **The most easiest questions are: Do I believe I can't stop drinking? If I do stop drinking, is it usually not for long? Am I the grouch and the brainstorm when I'm not drinking?*****

***Can I agree to some of these questions? If I answer Yes than I am probably alcoholic and only a Spiritual Experience will conquer! Now we can get started With the 12 Steps!!!***

***The Big Book explains action for each Step. Each Step has a specific meaning. When the first three Steps are completed we read the 3rd Step Prayer on pg 63 (2nd paragraph starts with When ready we say) then we go on to Step Four!! Congrats!!!***

***Extremely important – We have to be absolutely sure we are ready!***