

Step 3

**We made a decision to ask for help from a Higher Power
and others who understand.**

**Review: Last time we talked about FAITH in a Higher Power and the trust that is
necessary to make this happen.**

Today, we will continue looking at Step 3 for more meaning in our lives.

Step 3 is to seek help and guidance from someone we trust:

- Elder
- Medicine Man
- AA Sponsor
- Counselor
- Mentor, a spiritual friend

How can you find a person like that?

- ❖ Keep your eyes, ears, and heart open – You'll know who to ask.
 - List the qualities (what does the person need to have?)

Reflect (think) about your relationship with a Higher Power. What do you think that could be like?

Draw (imagine) what a relationship with a Higher Power might look like in real life:

Ticket:

Welcomed Sobriety Circle members today and opened session with the Serenity Prayer. Continued discussion/reflection/processing of 3rd Step of AA:

**We made a decision to ask for help from a Higher Power
and others who understand.**

Group members were asked to reflect on/in their lives as to who might serve as a guide in seeking and learning to trust again. They were asked to reflect on the qualities of such a person, imagine and draw out a picture of what such a relationship might look like in real life. This was then shared with peers.

Individual Note:

Client is shy at times but willing to try the exercise. Open to peers sharing/reflection.

Plan:

- Continue 3rd Step of AA study/reflection.
- continue peer support of sobriety.