

Step 3, Group 1

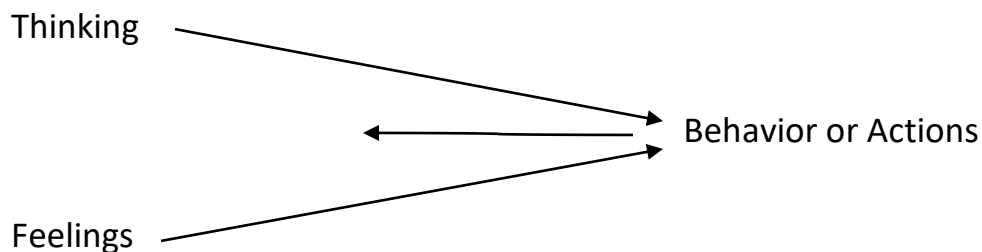
We made a decision to ask for help from a Higher Power and others who understand.

Remember what we talked about last time?:

We came to believe that a Power greater than ourselves could help us regain control.

Step 2 is all about HOPE!

Our Higher Power is the WHY – PURPOSE- REASON of our lives.



Step 3 is ALL about FAITH

Step 3 is all about deciding to ask for help – and DOING so.

- ❖ We don't like to ASK for help because our ego won't let us.
- ❖ Maybe we don't even know how to ask for help.
- ❖ Abandoning our self (our powerful EGO) to our Higher Power is a tremendous step to take in healing.
 - This abandoning ourselves is what FAITH is all about.
- ❖ What BARRIORS keep you from letting go of your EGO?

Draw a picture of yourself FULLY trusting someone else with your life:

Step 3

Group 2 Let's look some more at STEP 3.

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

What is a PRAYER? (group discussion)

Here is a 3rd Step Prayer that you can use when you turn your life over to God.

Prayer to the Great Spirit
O Great Spirit,
Whose voice I hear in the winds,
And whose breath gives life to all the world, hear me!

I am small and weak.
I need your strength and wisdom.
Let me walk in beauty and make my eyes ever behold
the red and purple sunset.

Make my hands respect the things you have made
And my ears sharp to hear your voice.

Make me wise so that I may understand
The things you have taught my people.

Let me hear the lessons you have hidden
In every leaf and rock.

I need strength,
Not to be greater than my brother,
But to fight my greatest enemy – myself.

Make me always ready
To come to you with clean hands and straight eyes.
So when life fades, as the fading sunset,
My Spirit may come to you without shame.

A-ho!

Write out your own Prayer to your Creator and share this with the group.

Step 3

Group 3 Let's look some more at STEP 3.

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

Remember what the ELDERS say:

If you're going to do something, do it the best you can.

When we begin to walk the road of Healing, with the Creators guidance, we must have that same commitment and consistency, but in a good way.

Lets Mind-Map asking for help:

**Please
HELP me**

A prayer for Step 3:

My Creator, please lean close and hear my commitment that I may begin the
process of healing.

My creator, I am hurting so bad.

O Great Spirit, accept the pact I make with you today.

I am a spiritual seed.

On my own I don't know how to grow and be happy.

Plant me near you that I may grow under your power and wisdom.

Great Spirit, alone I don't know how to do t his.

Creator, mold and shape me into a spiritual warrior.

O Great Mystery, please hear me...

Write your OWN prayer to the Creator- put into the prayer the following self awareness:

- What does my heart/spirit feel right now?
- What do I need from the Creator?
- What am I grateful for?

Step 3 Group 1 Ticket

Welcomed Sobriety Circle Group this morning and opened session with the Serenity Prayer. After brief sharing as to how the weekend went, group was presented with a Prayer to the Great Spirit which focuses on Step 3 : **We make a decision to ask for help from a Higher Power and others who understand.**

Reviewed the theme of Step 3 as that of nurturing FAITH in a Higher Power.

Discussed/Processed with group what “prayer” really is- a “communication” between myself and another. Processed how it is essential in any relationship. One only gets to know another through “communication” which is a sharing of thoughts and feelings on a sincere level.

Group members shared their own ideas of how “communication” enhances relationships.

They then wrote their own “prayer” to express their personal commitment to Step 3 and their Higher Power.

Individual Note:

Client unsure as to how to go about creating their own personal “prayer.” Willing to engage with peers and share.

Plan:

- Next session begin study of Step 4.
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Step 3, Group 1 Ticket

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Proceeded to introduce topic of Step 3 of the 12 Steps of AA:

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

Talked about how our Higher Power is the “why” and the purpose for our lives. Also talked about how our thinking and feelings impact our actions. Our actions in turn, affect our thoughts and feeling states. Group discussed and shared their personal experience with coming to terms with their “ego’s” and how these powerful egos have prevented us from asking for help. Talked about the relationship between abandoning ego and gaining faith. Good group discussion.

Plan:

- Continue study and reflection on the meaning of Step 3 of the 12 Steps of AA.
- Continue support of peer sobriety and need for encouragement.

Individual Note:

willing to engage with peers. Shy at times, but will participate when encouraged.

Step 3, Group 2 Ticket

Welcomed Sobriety Circle Group this morning and opened session with the Serenity Prayer. After brief sharing as to how the weekend went, group was presented with a Prayer to the Great Spirit which focuses on Step 3 :

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

Reviewed the theme of Step 3 as that of nurturing FAITH in a Higher Power. Discussed/Processed with group what “prayer” really is- a “communication” between myself and another. Processed how it is essential in any relationship. One only gets to know another through “communication” which is a sharing of thoughts and feelings on a sincere level. Group members shared their own ideas of how “communication” enhances relationships. They then wrote their own “prayer” to express their personal commitment to Step 3 and their Higher Power.

Individual Note:

Client unsure as to how to go about creating their own personal “prayer.” Willing to engage with peers and share.

Plan:

- Next session begin study of Step 4.
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Group 3 Ticket

Welcomed Sobriety Circle Group this morning and opened session with the Serenity Prayer. After brief sharing as to how the weekend went, group was presented with a Prayer to the Great Spirit which focuses on Step 3 : **We make a decision to ask for help from a Higher Power and others who understand.** Talked about how “prayer” is our personal communication-relationship with our Higher Power. While meditation is our personal listening to what our Higher Power is sharing with us. Both are essential in relationship growth. Reviewed the theme of Step 3 as that of nurturing FAITH in a Higher Power. Discussed/Processed with group what “prayer” really is- a “communication” between myself and another. Processed how it is essential in any relationship. One only gets to know another through “communication” which is a sharing of thoughts and feelings on a sincere level. Group members shared their own ideas of how “communication” enhances relationships. Group mind-mapped “asking for help”.

Individual Note:

willing to engage with peers and share. Enjoyed the mind-mapping session and willing to contribute to group process.

Plan:

- Next session begin study of Step 4.

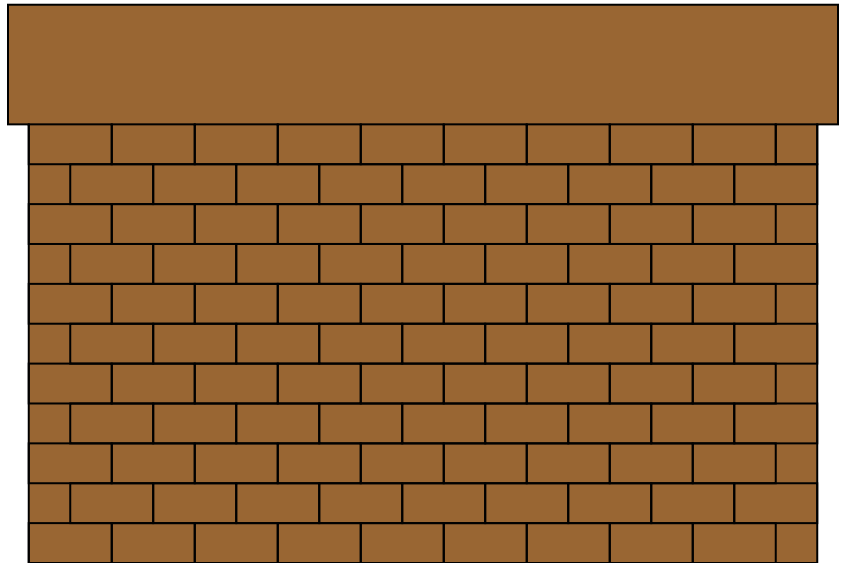
Step 3 Group

Barriers to allowing yourself to ask your High Power and someone you trust for help.

A barrier is a type of wall or a distraction which keeps you safe from others – or even seeing yourself as you really are. What kind of walls do you put up around yourself?

Typical Barriers:

- Ego
- Stubbornness
- Pride
- Friends
- Work
- Hobbies
- Media Games
- iPhone
- Ambition
- Power
- Money



Can you think of more barriers that folks use?

Draw YOUR barriers.

Ticket:

Welcomed clients to sobriety Circle this morning and opened session with the Serenity Prayer. Continued processing of Step 3 with special emphasis on the importance of finding a trusted “other” to share and confide in. Talked/processed about what barriers inhibit us or interfere with seeing interpersonal connection and sharing our struggles with sobriety. Clients offered some of the following “distractions” which interfere with interpersonal relationships: iPhone, money, media games, ego, stubbornness, work, pride, etc. Clients were asked to illustrate (draw) their personal barriers which form that wall of distance from others. Clients then share their illustrations with peers. Very good groups haring.

Plan:

- Begin AA Step 4 Study.
- Continue encouraging trust and sharing in process groups.