

12 Steps On The PATH To Freedom

Step Three: Questions

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- How do you feel about giving up control to a Higher Power?
- Does it feel scary or comforting?
- Are you willing to surrender control to something greater than yourself?
- Do you believe in fate or destiny, or do you think you have complete control over your life?
- How would/does a Higher Power fit into your belief system?
- What steps do you take to keep your Higher Power at the forefront of your mind each day?
- Do you find it challenging to make the necessary effort to maintain your sobriety and work towards recovery?
- What obstacles prevent you from putting in the necessary effort?
- Do you use prayer as a way to connect with your Higher Power?
- What emotions are you aware of having, when you pray?
- Do you believe the intention behind your prayer matters?
- Have you had positive experiences with trust in the past?
- Have you ever felt let down or betrayed by someone you trusted?
- Do these experiences make it difficult for you to trust others now?
- What gives your life purpose and meaning?
- Have you ever accomplished something that made you feel proud and fulfilled?
- Are there things that you hold onto despite knowing they are harmful or counterproductive to your recovery?
- What specific behaviors or character defects/traits continue to cause problems in your life? Are there things that you struggle to let go of despite knowing they are detrimental to your well-being?
- What steps can you take to work on surrendering these issues?



How step 3 helps us recover: These questions were designed to provide insight into the process of surrender. At the same time, they help us begin to try to understand what role our Higher Power will play along our new path to freedom from unmanageability.