

Our will is what we want to happen and our life is what is going to happen. By giving up control of what we want and accepting whatever is in store for us, we let go of the enormous weight of trying to change reality. It is not possible to make reality different. By practicing Step Three we in effect change our attitudes and accept life on its own terms while recognizing that a Higher Power will watch over and support us in our daily existence.

Self-will run riot

Self-will run riot describes our addict personalities. We see ourselves at the center of everything and we think we know what is best for us and what is best for everyone around us.

Step Three offers a cure for this type of immature diseased behavior. It is to let a Higher Power run the show and to let ourselves be part of the drama instead of trying to take over.

God as we understand Him

Step Three allows us to grow in our understanding of the spiritual. Our ability to use Step Three is not hindered by an incomplete or vague sense of a Higher Power. Our understanding right now is good enough. We don't need to compare our belief with anyone else's.

Our faith and understanding is perfect today and as it changes and grows, Step Three will give us room and opportunity to change our way of putting it to use in our lives.

Self-will run riot

As addicts we want to control other people. We know nothing of interaction among equals. Our unhappiness is so colossal that it fills our horizons. We only know that we are hurting and that we know no way to stop that pain. And so we turn to drugs. In time, drugs stop working and we are addicted and in pain. In this way we feel we are justified in doing anything at all to make us feel better. The sight of other people's happiness only makes us bitter.

With this rationalization we feel we are entitled to anything we want. We have no sense of proportion. The smallest thing will cause us to drop a person from our lives. The function of other people is to do exactly as we wish. People exist only to meet our needs. Their job is to satisfy all our needs immediately. We are angry brats. We want it all and we want it now. Denial is part of this. We do not relate to the things we did that we wish we hadn't done. We have selective vision that says we were perfectly justified in doing whatever we did. But we really didn't do it anyway.

As addicts we lived a code that said: "It didn't happen". But if it happened, we didn't do it. And anyway "it's not our fault".

Turning it over-what does it mean?

Turning something over means getting rid of it. When we want to use, we turn our desire over to our higher power, the group, or the universe. Then we do the next thing: use the phone, go to a meeting, take a walk, pray, etc.

When we want to do things our way and it's not working, we can also turn this over to our Higher Power, and go on to the next thing.

When it comes to character defects, for instance, gossip, we can also turn this over to our Higher Power. Some of us have found that

the desire to gossip does not go away once we turn it over. In that case, we continue to turn it over again and again. As long as we're turning it over, we can handle our problem. When we stop, the problem comes back again. This seems unfair. But we learn to live like that. We turn it over and turn it over and then we turn it over. That's what people do - they struggle with their problems. Eventually, this obsession will leave us and a new one will take its place.