

Step 3

Client Questions 3B

1. Self will, as described in the dictionary is given as “Obstinately doing what one wants in spite of the wishes or orders of others’. Write in your own words what this statement means.

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2. How has your self-will affected your life?

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3. How has your self-will affected others?

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4. Describe a time in your life when you made a decision to let someone else do something for you.

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5. Give an example of turning your will over to someone else.

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6. Choose a time in your life when you asked for the help of a higher power, make notes.

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7. Do you want to become more loving, honest and unselfish, why?

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8. Do you have any reservations about your decision to turn your will and your life over to God's care?

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9. What action do you plan to take to follow through on any decisions made recently?

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10. How does working the remainder of the steps fit into your plan?

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11. Are you struggling with changing beliefs about the nature of a higher power?

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12. Describe the best way for you to make decisions.

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13. How might you use a pros and cons list?

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14. What does it mean **for you** to turn your will and your life over to the care of a God of your understanding?

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15. What areas of your life will be difficult to turn over?

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16. What action have you taken to follow through on your decision?

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17. Can you make a decision just for today?

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18. Why is it important that you turn things over?

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19. Will you have to compromise any of your principles or ideals?

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20. In order for your recovery to continue will you have to lie to anyone? Explain.

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21. In order for your recovery to continue will you have to be disloyal to anyone?

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22. How does your higher power communicate?

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23. Is your current concept of a higher power still working?

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24. Select a time when you made a decision on your own that turned out to be the wrong one. What may have been different if you had listened to others?

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25. Did you make a decision and still carry it out even though you knew it was wrong?

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26. Did your pride or anger not allow you to back down?

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27. Why is it important you follow Step 3?

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