Step Three Reflection Worksheet

Use this on your own or bring it to a conversation with your sponsor.

Type into the boxes, or print a copy and write by hand.

Start with pages 62–63 of the Big Book.
If you want to pray, read the prayer on page 63 or use your own words.

1 What am I trying to control right now?

2 What does a power greater than me mean to me today?

3 What would turning this over look like? Who could I ask for help?

4 What is one action I'm willing to take today?

5 When I feel myself trying to take control again, how will I pause and reset?

This worksheet is a personal reflection tool and is not medical advice. Liberty Health Services is not affiliated with or endorsed by Alcoholics Anonymous.