

**CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”**

**STEP 3, Exercise 1**

*“...Made a decision to turn our will & our lives over to the care of God as we understood God...”*

1. To remember this step, write an affirmation such as “I have turned my life and my will over to the care of God today. All is well”.

**Write your affirmation(s)**

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**STEP 3, Exercise 2**

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2. If you knew.....

...that all was well and on schedule in your life today, how would you feel?

...that things were being managed by a Power greater than yourself in a way that would work out in your best interests, how would you act differently?

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**STEP 3, Exercise 3**

***“...Made a decision to turn our will & our lives over to the care of God as we understood God...”***

3. If you knew that you had no power to control events, outcomes, or a particular person, how would you behave differently? What would you say or do? What would you stop saying or doing? What would you do differently for yourself in order to enjoy your own life now, to live in the present moment?

**How would you behave differently?**

**What would you do or say?**

**What would you stop doing or saying?**

**What would you do differently for yourself in order to enjoy your own life now, to live in the present moment?**

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**STEP 3, Exercise 4**

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4. If you weren't allowing someone else to control you, what would you be doing differently? What would you do today with your life? How would you feel?

**What would you do differently?**

**What would you do today with your life?**

**How would you feel?**

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**STEP 3, Exercise 5**

***“...Made a decision to turn our will & our lives over to the care of God as we understood God...”***

5. If you weren't allowing a particular circumstance to control you, or if you weren't trying to control that circumstance – if you just let it be and accepted it as okay for the present moment how would you feel? If you weren't fighting with or resisting this circumstance what would you be doing? How would you be feeling?

**If you just let it be, how would you feel?**

**If you weren't fighting it, what would you be doing?**

**How would you be feeling?**

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**STEP 3, Exercise 6**

***“...Made a decision to turn our will & our lives over to the care of God as we understood God...”***

6. Taking this Step often puts you in touch with yourself. Listen to yourself. Write about what you feel, want, need, and think. Then pick up the phone and share who you are with someone safe, someone you trust. Talk in a way that reflects self-responsibility, not victimization. Don't ask them to rescue you. Ask them to listen and accept you as you are.

**What do you feel?**

**What do you want?**

**What do you need?**

**What do you think?**

**Make notes here about what you want to say:**

**Did you actually call someone? Share who you called if you are comfortable doing so.**

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**STEP 3, Exercise 7**

***“...Made a decision to turn our will & our lives over to the care of God as we understood God...”***

7. What is the most loving, most nurturing thing available to you right now you can use to take care of yourself and enjoy life? What will you do with it?

**Most loving and nurturing thing(s)**

**What will you do with it?**