

# OA Desert Recovery

March 2022 - Step Three

“MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.”

[Spiritual Principle: Faith]

I relate Step Three to self-image idiocy. If I could have made myself sane about my self-image, I would have done that long ago. I keep a Jessica Rabbit glamour shot on my phone. In part of my mind, it is a fantasy goal. In another, it is a reality check. As long as my expectations of myself are surrealistic, I will stagnate in self-condemnation, because of course, I do not look like Ms. Rabbit. In youth, I was considered statuesque. I need to honestly look at the motives which drove me. Did I want power over my boyfriend, jealousy in women, awe in strangers? No wonder I used to think that if people really knew me, they would not like me. So, switch to reality, to real life issues concerning health, weight, and age. I need to ask myself each day: *what am I doing for recovery?* One small change at a time towards the person HP intended me to be. ~Becki

I remember years ago when my sister was talking about her new boyfriend. She was telling me how nice he was and how he could sing and play in a band but how he couldn't get a lot of things done because "he couldn't get out from under himself". I loved that image because I could so easily see how that could be true for so many people. To me, Step Three is all about getting out from under myself. I often say that it is so important to get out of my own head because my thoughts are limited and self-focused. To have a Higher Power is just amazing as here is something that is focused on helping others and helping me to be a better person. What could be better than that? ~Janis

By the time I came into OA, I had lost the ability to make decisions about a lot of things. I was so befogged by the food that I insisted that others make decisions and do things for me that I needed to be doing for myself. I gave lip service to God. I talked, but rarely listened. Coming to my first OA meeting was one of the scariest decisions of my life. Thank goodness, my Higher Power was there – waiting for me in the love and acceptance in people's eyes and words and hugs. I made a decision that day that saved my life. I kept coming back. And I've never regretted it. ~Neva

Step 2 is hard because I need to know in my heart of hearts that no human power can help me. It follows that I need the help a Higher Power.

In Step Three I need to make a decision to turn my will and my life over to the care of that Power— one which no one can see but that I have to believe in – if I want to live. The Big Book tells me how to TAKE Step Three. What action I need to take. It says my decision to turn my will and life would "...have little permanent effect unless at once followed by a strenuous effort to face... the things in ourselves which had been blocking us."

So I take Step Three by writing Step Four. ~Roni