

STEP 3 – WORKSHEET

Answer based on real experiences—not what you think it should be.

Made a decision to turn our will and our lives over to the care of God as we understood Him.

SECTION 1 – CORE UNDERSTANDING

Step 3 is where thinking becomes a decision. After seeing that our way has not been working and becoming willing to consider something different, we are now faced with a choice: keep trying to control everything, or let go and move in a new direction. Step 3 is not about perfect understanding—it's about making a decision. By turning our will and our lives over to a Power greater than ourselves, as we understand it, we begin to let go of control and move forward in a way that works.

SECTION 2 – DECISION / CONTROL

Step 3 centers on one question: Who is in control of my life—me, or something greater? Control shows up as forcing outcomes, managing people, and holding on to fear or expectations. Step 3 introduces letting go, accepting guidance, and acting with trust.

SECTION 3 – SELF-WILL & RESISTANCE

Internal: fear of letting go, need for control, and doubt.

External: conflict, frustration, repeating control-based behaviors.

SECTION 4 – HOW TO WORK STEP 3

Recognize control patterns. Become willing to let go. Make a decision. Practice turning things over.

SECTION 5 – WORKSHEET

A. Control Patterns – List 3 real situations from the last 30 days where you tried to control people, outcomes, or situations. Be specific

1) Situation	
What I Tried to Control (person, outcome, or situation)	
What I Did	
Outcome	

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2) Situation	
What I Tried to Control (person, outcome, or situation)	
What I Did	
Outcome	

3) Situation	
What I Tried to Control (person, outcome, or situation)	
What I Did	
Outcome	

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B. Evidence of Control (Last 7 Days – Be Honest)

Times I tried to control an outcome: _____

Times I became frustrated when things didn't go my way: _____

Times I tried to manage or fix someone else: _____

Times I held on to fear or expectations: _____

Days I felt tension from trying to control things: _____

Days I was able to let go, even slightly: _____

C. Internal Control & Letting Go (Last 30 Days)

1. Situations where I struggled to let go:

2. Control patterns (check + describe):

☐ I try to control outcomes ☐ I try to control people ☐ I fear things won't work out ☐ I resist uncertainty ☐ I hold on tightly

Example:

3. Willingness to let go:

Frequency: ☐ Rarely ☐ Sometimes ☐ Daily ☐ Consistent

Describe:

4. When I tried to let go, I felt:

☐ Fearful ☐ Uncertain ☐ Relieved ☐ Calm

Explain:

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D. External Impact of Control

Relationships affected:

Situations where control created conflict:

Areas of life where letting go could improve things:

STEP 3 SELF-ASSESSMENT SCORE

On a scale of 1–10, how willing are you to let go of control and trust a different direction?

Score: _____

1–3 = Resistant (holding tightly to control)

4–6 = Considering (aware but inconsistent)

7–8 = Willing (actively practicing letting go)

9–10 = Committed (regularly turning things over)

F. Reflection: If I continue trying to control everything, where will my life be in 6–12 months?

The biggest area I need to let go of is:

What it might look like to turn this over is:

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SECTION 6 – Q&A

1. Where do you try to control the most?

2. What happens when things don't go your way?

3. What does "letting go" mean to you?

4. What are you afraid will happen if you stop controlling?

5. Where might trust replace control?

6. Are you willing to make a decision to turn things over? (Yes / No) Why?

SECTION 7 – FINAL STATEMENT

Today, I make a decision to turn my will and my life over to the care of a Power greater than myself, as I understand it. I am willing to let go of control and move forward in a new direction.