 Step 3 Reflections

"The third step did not seem too challenging to me at first because I had easily passed the second step and asked for help from a higher power to recover. Answering the questions of the third step solved many issues for me because I realized that the result of my actions is not my task. I just have to live and let my Higher Power make the decision for me. I should admit that I'm still worried of tomorrows' events and it shows that I cannot surrender everything to my Higher Power to have a completely happy life. But with the help of EA I'm in progress...." — Behzad A.D., *EAI Trustee*

"The way I came to my step 3 decisions was just by determining that the way I was living my life up to that point was not working. Or shall I say the manner in which I dealt with life and its people became less and less beneficial to us all. The principle embodied in the 3rd step is faith. So I just needed to have a little bit of faith that something else could help me. In step one, I admitted that I was powerless and that my life was unmanageable. Then, in step 2, I came to believe that a Power greater than myself could restore me to sanity and so in this 3rd step I decided to turn my will, which is my thinking and my life, which is my actions over to this Power that I came to believe in in step 2. See the steps are in this certain order for a reason, it's not just happenstance.

I knew that I needed help. The biggest clue was that I was extremely unhappy. People who really knew me knew that there was something wrong. It was apparent to them, but not so apparent to me. I was not only unhappy, but I was also miserable. And I was tired of being unhappy and miserable. I was sick and tired of being sick and tired. And I was at the end of my rope and could not literally go on like that any longer. My story is that I was going to commit suicide the day of my first meeting. Emotions Anonymous saved my life literally. That is why I am so passionate about this Fellowship. I thank God for Emotions Anonymous and all of you. Keep coming back. There is hope here!" — Derita P., *EAI Trustee*

*"*In my recovery journey and my journey through the steps, I have learned a great deal about acceptance. In step 1, I accepted my powerlessness. In step 2, I accepted that I needed help to change. Now, in step 3, I accept that help and welcome it into my life. There are countless times where life shows me that I am unable to make the changes necessary for a better life on my own. This is something that I cannot and will not change -- and I have accepted that. Another thing I have learned in my journey is that I do not need to change first before accepting help. The fellowship and my Higher Power are ready to help me anytime I ask even if I am at my worst. This does always require me taking action first which is then usually followed by me taking suggestions. A powerful suggestion is to develop my own understanding of a Higher Power. Over time, this has changed for me. I have settled in on a Higher Power that I refer to as a Him that is the loving father figure I have always needed in my life. This Higher Power fills a void I have always felt. I have learned to trust this Higher Power, to lean on this Higher Power and to let this Higher Power love me. My Higher Power’s love for me shows up in my life in so many ways whether it be me showing love to others or others showing love to me."  — Kelsey W., *EAI Trustee*

"If I believe that I can control everything in my universe that means I can take full credit for my victories. But it also means that I must take full credit for my defeats. This kind of extreme scenario can have me living in a manic state much of the time, which is not helpful at all for my emotional recovery. One of the primary benefits I seek from working the program is emotional stability. I know that the only way that I can achieve emotional stability is to turn my will and life over to the care of God. Knowing that I am not in charge of everything helps me to take things as they come and try to live through this day only." — Paul N., *EAI Treasurer*

"In Step 3, I proved my commitment to adopting the Twelve Steps as a way of life by deciding to turn my will over to a power greater than myself. This was an acknowledgement that I couldn’t go it alone, that my human will power was not enough to move me closer to emotional wellness. For me, this was an empowering step. I have always believed that making the effort to be vulnerable and to admit I need help takes more courage - and is ultimately more freeing-than trusting naively in my own limited abilities. I have always felt there is something bigger than me in the universe and that aligning my will with the will of that being, which I call my Higher Power,  would let me draw on the strength I need to 'do the next right thing.' It is not easy, but for me it is simple. And although I’ve been in the program for decades, I can’t say I’ve mastered this step. Every day I have to turn my will and my life over, and every day I have mixed success. But thanks to the EA program, I have hope, and that is a powerful thing." — Colleen C., *EAI Secretary*