|  |  |
| --- | --- |
| Step 3 Made a decision to turn our will and life over the care of God as we understood God.  3.I Self Esteem | |
| A popular therapy subject is “self esteem”. People come into group saying that their problem is a lack of self esteem. However, “self esteem” is not the goal of twelve step recovery because “self esteem” is a secondary or tertiary symptom of the underlying spiritual problem. Clearing up the spiritual problem clears up issues with “self esteem”.  The roots of healthy self esteem are:   * Connections * Actions * Affirmations * Connections with   + Self   + Higher Power   + Healthier people * Doing the right actions * Receiving the affirmations that we have indeed done what is right.   One part of doing the right thing is admitting to when we do the *wrong* thing. | |
| Starting with the problem:  What has been my self-esteem? |  |
| What are my family messages about me? |  |
| How am I connecting with myself and with a higher power? |  |
| How am I starting to share my life with healthier people?  How am I connecting with people in the group? |  |
| What am I doing to get guidance on what the next right thing is? |  |
| One aspect of the program is receiving grace and mercy even when doing the wrong thing. | |
| How has my experience in the program helping me to do the right thing?  What support am I receiving when I share my progress or lack thereof? |  |
| What is my experience in the program of realizing the love & care of a Higher Power? |  |
| What commitments do I need to make to continue to receive these results? |  |

Copyright © 1990-2013 Plano SAA