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| Step 3 Made a decision to turn our will and life over the care of God as we understood God. 3.K Healthy Sexuality |
| As we turn our will and our lives over to a higher power, that brings up the question of what is healthy living? What does it really mean to turn our will and our lives over? |
| What in my life has not been healthy sexuality?  |  |
| Often, we bounce from addiction to anorexia in fear. How have my fears kept me from expressing my sexuality? How have I jumped into things out of fear and to avoid something? |  |
| What have I learned in this program that can keep my addiction from taking over my sexuality? |  |
| What goals do I have for my sexuality / relationships and how am I choosing those goals? |  |
| How am I caring for myself and my sexuality? How am I more in balance today? |  |
| How are my relationships changing as I let go of control? How am I keeping myself safe in those relationships? |  |
| What would it look like to bring a higher power into my sexual expression? What would it mean for me to let a higher power direct my sexuality and its expression? |  |
| What are valid fears about my sexual expression and relationships? How is my higher power giving me direction to avoid what I fear? |  |

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