|  |  |
| --- | --- |
| 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? |  |

Copyright © 1990-2017 Plano SAA