

Third Step Exercise

Personal High Power “Help Wanted Ad”

Many OA's come into program with a pre-conceived notion of their Higher Power as a punitive or punishing G-d. This exercise is designed to help us formulate a concept of a Higher Power that is uniquely ours...one that wants only good things for us and to help us become the best people we can be.

“Recovering food addict looking for a Higher Power for a full-time position.”

Write down what you're looking for in a Higher Power.

It might be a presence akin to a healthy parent, a good listener, a protector, a guide to spiritual awareness, a fair but stern disciplinarian.

Be as specific as you like: (1) types of support you'd like (2) Situations & problems you'd like help with (3) Ways of thinking and acting that you'd like help to change.

Think of the way a classified ad is written, if that helps you (“overtime required”)

Write a Contract to your Higher Power

Now that you have a candidate for the position, it's time for YOU to write a contract indicating YOUR commitment to your Higher Power.

Include all of the ways that you will cooperate with your Higher Power, and the lengths to which you are willing to go to work WITH your Higher Power, especially to **keep you on track with your abstinence** as well as helping you manage your life.

You may find that you can now create a personal Third Step Prayer for yourself, that you can say each morning when you first get up.

Suggested Readings:

Big Book

- 1) Pages 86-88
 - 2) Pages 416-418 (3rd Edition) or 448-450 (4th Edition)
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Extra Credit: You now possess the information that one would need to write a personal third step prayer. Wouldn't it be wonderful to develop your personal relationship with your Higher Power first thing in the morning through this prayer?