

Tools

Following are some tools available to us in working Step Three. These tools have been freely offered by members of CoDA in the spirit of light, love, and the hope of recovery.

- Acknowledge that we are codependent and need the help of our Higher Power in order to recover fully.
- Let go so that our Higher Power can work in our lives.
- Be still, accept our feelings, and not have to do something to make the feelings go away.
- Ask our Higher Power for help, recognize that we do not have to do it alone.
- Make a phone call to our sponsor or to other people in recovery.
- Go back to Step One (admit we are powerless), move into Step Two (acknowledge our belief in a Higher Power), and work Step Three (accept that our Higher Power has a plan for us greater than any we could imagine, and let go).
- Use the *Serenity Prayer* or other favorite prayer or meditation to reconnect to our program.
- Remind ourselves of previous situations in which we let go, and later discovered that things worked out well.
- Reflect on the fact that we may not understand God.
- Repeat the affirmation "I am capable of changing."
- Ask the question, "am I ready to let go and let God?"
- Understand (often for the first time) that we don't have, nor do we need to have, all the answers.
- Acknowledge that we can turn things over to the care of our Higher Power, again and again.
- Watch others in recovery, acknowledge the changes in them as a result of Step Three, and become willing.
- Recognize that old feelings may be triggered by events happening today and ask for God's guidance.
- Remind ourselves that "things don't usually happen the way we plan them; they usually work out better!"