

**Title of Workshop:** "Came to Believe: Steps to Basic Goodness & Freedom," by Margaret H., San Francisco. In this workshop, we will reclaim our seat of goodness and worthiness as we live our practice of Steps 1, 2, 3.

**My Name:** Margaret H

**Tele:** 415-359-5441

majerita@yahoo.com

**10:45 to 12:15 a.m.** We will develop a practice of working Steps 1, 2, and 3 to help strengthen our seat, our base of recovery.

What kind of events cause you to get upset, worried, afraid, obsessed. Make a list. \_\_\_\_\_

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**I. STEP ONE, A NEW BEGINNING:**

**A.** What event happened today or this week that has thrown you off your center, caused you to keep reliving yesterday or tomorrow, caused you to obsess, hold on, disempower yourself? \_\_\_\_\_

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i. Turn to the person next to you and share it. If you don't feel comfortable sharing it, process it with yourself.

ii. Who wants to share with the room?

**B. Write a Step One on this.** First: I'll do an example on the overhead with you on an event from this week. Then you can do your own:

I admit that I'm powerless over \_\_\_\_\_

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This makes my life unmanageable because \_\_\_\_\_

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It causes me to \_\_\_\_\_

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- i. After you write it, if you feel comfortable, share it with the person sitting next to you. If you don't feel comfortable sharing with another, process it with yourself.
- ii. State to the person next to you and/or your self that “I now take Step One” on this issue of \_\_\_\_\_.
- iii. Who wants to share their step one with the room?

## **II. STEP TWO, CAME TO BELIEVE:**

**A.** Work with your step one. You've looked at what happened, how it made you feel, what it caused you to do, and how it has made your life unmanageable thinking or acting in this way. Now, we will write out a Step Two.

I came to believe that a loving Higher Power greater than myself can restore me to sanity. I came to believe this because \_\_\_\_\_

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I am restored to sanity because \_\_\_\_\_

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Sanity to me in this particular situation means \_\_\_\_\_

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- i. After you write your Step Two, if you feel comfortable, share it with the person sitting next to you. If you don't feel comfortable sharing with another, process it with yourself.
- ii. State to the person next to you and/or yourself that “I now take Step Two” regarding this old thought process, this old belief system, this old way of acting out.

iii. Who wants to share their step two with the room?

**III. STEP THREE, LETTING GO:** I turn my will and my life over to the care of my Higher Power as I know my Higher Power to be.

Now, we will write out Step Three:

I turn my will and my life regarding \_\_\_\_\_

\_\_\_\_\_

over to my loving Higher Power. I choose to go with my Higher Power.

All of the pain / anger / sadness, the \_\_\_\_\_

\_\_\_\_\_

I felt when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ All  
of the thoughts of \_\_\_\_\_

\_\_\_\_\_

that I couldn't let go of, I turn over to my Higher Power.

I turn all of the thought process, the grasping, the cutting off, the resentments, and avoiding \_\_\_\_\_

\_\_\_\_\_

over to my Loving Higher Power. I let it go.

- i. After you write your Step Three, if you feel comfortable, share it with the person sitting next to you. If you don't feel comfortable sharing with another, process it with yourself.
- ii. State to the person next to you and/or yourself that “I now take Step Three” regarding this old thought process, this old belief system, this old way of acting out.
- iii. Who wants to share their step three with the room?

**CoDA Step Three Prayer:**

God, I give to You all that I am and all that I

will be for Your healing and direction.

Make new this day as I release all my worries and fears,  
knowing that You are by my side.

Please help me to open myself to Your love,  
to allow Your love to heal my wounds, and  
to allow Your love to flow through me and  
from me to those around me.

May Your will be done this day and always. Amen.

We have worked Steps One and Two and Three to reclaim our seat of goodness. **Step One:** You’ve looked at what happened, how it made you feel, what it caused you to do, and how it has made your life unmanageable thinking or acting in this way, repeating old habits. You now have Awareness. **Step Two:** You have written out your step two and seen how easy it is to believe in your Higher Power and you’ve taken Step Two. You now have Acceptance. **Step Three:** You have turned your will and your life over to a power greater than yourself. You have taken an Action.

## **AWARENESS, ACCEPTANCE, ACTION**

### **1. Basic Goodness and Worthiness Contemplation & Meditation:**

- a. Breathe in and breathe out. As you let the air out, feel a sense of spaciousness all around you. Feel whatever feelings arise. Let your feelings arise as they will. Don’t force them. Let them be. (5 minutes).
- b. Put your hand on your hear as you continue to breathe in and breathe out. Feel the present moment and let yourself be with whatever is. (5 minutes)
- c. Take your hand and touch the cushion or the base of the chair where you are sitting. Breathe and feel your hand like your inside a small boat and it’s moving gently across a lake. Sense the goodness and worthiness all around you. Acknowledge the basic goodness and worthiness inside of you. Be with the goodness and worthiness and allow it to take its seat with you. Whenever you feel a sense of self-loathing during the day, acknowledge the basic goodness and worthiness that has taken its seat with you. (5 minutes)

- d.** Continue breathing in and out feeling spaciousness around you.

Sit and feel the air and listen to sounds of the room.

Gradually move your body.

Open your eyes.