

A circular wooden plaque with a red background, featuring a green tree with small yellow fruits and several blue birds perched on its branches. The plaque is set against a dark wooden background with a striped pattern.

God Box

AN AL-ANON TOOL FOR STEP THREE,
RELEASING FEAR AND LETTING GO.

God Box

FOCUS ON THREE GOD BOX REFERENCES
IN AL-ANON CAL:

ASSOCIATIONS TO STEP WORK:

Paths to Recovery,
Pg. 29-31.

“Turning our will and our lives over to God means that we put the outcome in God’s hands,” (29).

“There are as many ways to approach turning our will and our lives over as there are definitions of God,” (30).

Reaching for Personal
Freedom,
Pg. 22.

“Surrendering my will.”

“I made myself a God Box,” (22).

Reading Index:

Step Three.

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Surrender.

“I wrote down things that were really hard to turn over and put them in the box,” (22).

Hope for Today,
December 3rd, Pg. 338.

“I was able to forget what I was obsessing about and get on with my day,” (338).

God Box

IT OCCURRED TO ME-- MY HP GUIDES ME TO
AL-ANON TOOLS WHEN MOST NEEDED:

The 1st Time I had
A God Box.

I used a God Box
When Working
Step Three with my
Sponsor.

The 2nd Time I had
A God Box.

And again, during
COVID Pandemic.

Al-Anon Tool:

Step Three.

“Made a decision to turn our will
and our lives over to the care of
God *as we understood Him.*”

Surrender.

“I wrote down things that were
really hard to turn over and put
them in the box,” (22).

Today I have
A God Box.

Working through
Steps Three and
Four with
my Sponsee.

God Box

LET'S START WITH:
THE PHYSICAL STRUCTURE OF A GOD BOX.
(IS UNIQUELY YOURS AND YOUR HP'S)

My Experience with **God Box**:
is a physical instrument
– a vessel –
to release to God
defects of character:
my need to control, which is
largely driven by my feelings of
fear & insecurity.
For me, It's a physical step – a
decision or an act.

God Box





I loved rocks as a child.
As an adult, rocks still hold a special place for me –
painting rocks gave me escape as a child.

EARLY IN RECOVERY, I CARRIED A ROCK.

SO, I WAS GUIDED TO ROCKS AS PART IN MY GOD BOX.

In my God Box,
I place rocks on my writings to God,
to ask for faith, peace, wisdom and courage:
like the Serenity Prayer . . . Courage to change the things I can—
It reminds me that I can only change me.

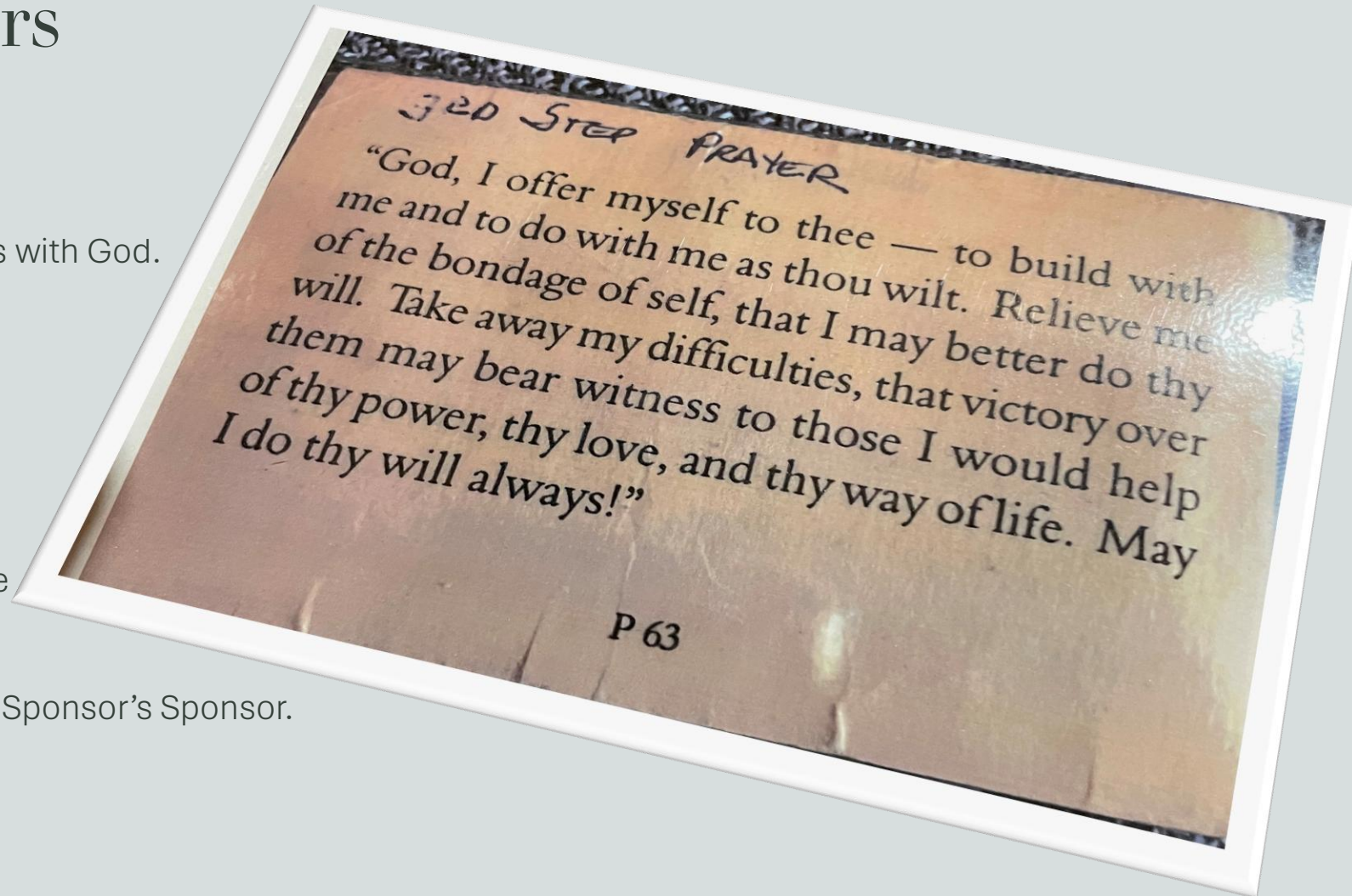


Your **God Box** is Yours & God's

- I love that the **God Box** is holding hands with God.
- I asked a family member to help me make my God Box.
- I added sayings from Al-Anon literature & scripture that hold special meaning.
- Under the bottom of my God Box, is the **Third Step Prayer**:

I first heard the **Third Step Prayer** from my Sponsor's Sponsor.

I say it nearly every morning . . .



God Box

STEP THREE

MADE A DECISION TO TURN OUR WILL AND OUR LIVES
OVER TO THE CARE OF GOD AS *WE UNDERSTOOD HIM.*



“ONCE WE HAVE MADE THE
DECISION ASKED OF US IN STEP
THREE, WE FACE THE QUESTION
OF HOW TO DO IT.”

PATHS TO RECOVERY 3RD STEP READING (PGS. 29-31).

And I love that . . .

Thought for the Day

If I supply the willingness, my Higher Power will supply the way.

~~*~~ "There are as many ways to approach turning our will and our lives over as there are definitions of God."

Paths to Recovery, p. 29

God Box

Releasing My Fear

I WAS AFRAID OF STEP THREE.

AND I LEARNED WHY IN MEETINGS AND IN CAL.

“We may be afraid of **surrendering** the defenses that we managed to create during our formative years. After all, they at least kept us alive.

Fortunately, no one rips our security from us by demanding se surrender everything we know . . .

Rather, we learn to practice Step Three **a day, perhaps an hour, or even a minute at a time.**”

From Survival to Recovery, Pg. 155.



WORKING PATHS TO RECOVERY, THE STEPS, WITH MY SPONSOR

- I worked **Step Three** with my Sponsor and learned of several tools in Paths to Recovery. One of them, was the idea of a God Box.

And I immediately loved this because:



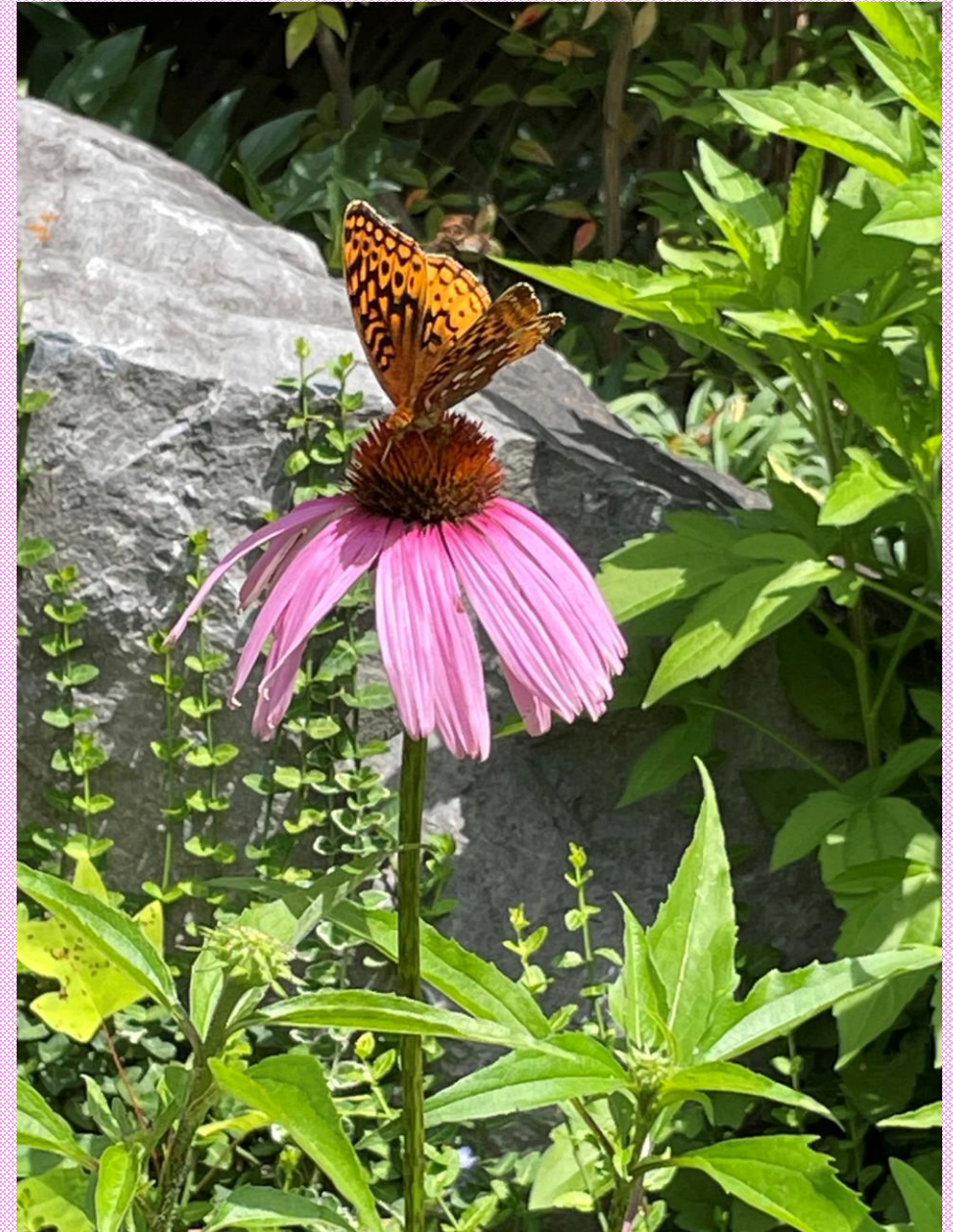
- I can write down what is bothering me; what I am obsessing about and purge it through **physically placing it in the God Box.**
- I slow things down, take a **moments of calmness connecting to my Higher Power**, and I write at the close of the day.
- **Turning my difficulties** over to the care of God is an action.
- **It's my Prayer.**

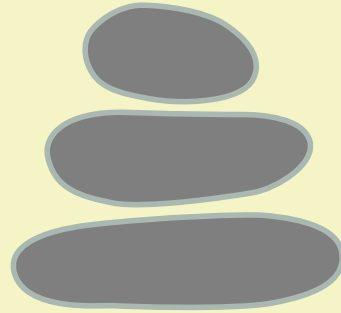


Made a decision

to turn **my will** and my life
over to the God of my understanding,
through taking an action– turning it over
by writing it out and placing it for God’s
care in my God box,
is like walking with my HP hand-in-hand.

Learning **my will** is the unmanageability of
my thoughts.





“STEP 3: MAKE A DECISION TO TRUST AND TURN FEARS OVER TO A HIGHER POWER. SOMETIMES IT IS HARD TO TRUST A “PERSON,” **BUT “TIME” IS ALSO A HIGHER POWER** THAT TAKES “CARE” OF MY PROBLEMS. WE MAKE A DECISION, A COMMITMENT TO TAKE **ALL OF OUR CONCERNS AND FEELINGS, WORRIES, FEARS, RESENTMENTS, LOVES, DREAMS, WISHES, THOUGHTS, CHOICES, AND RELATIONSHIPS** – IN SHORT, OUR WILL AND OUR LIVES – AND PLACE THEM IN THE CARE OF THE GOD OF OUR UNDERSTANDING. (HOW AL-ANON WORKS P. 50) NO MATTER WHAT IS GOING ON AROUND ME, TODAY I KNOW THAT I AM MOVING FORWARD. I WILL TRUST THE PROCESS OF RECOVERY. I’LL LET TIME TAKE TIME. (CTC P. 1)

TAKING ACTION: MAKE A GOD BOX. WRITE MY FEARS AND RESENTMENTS ON PIECES OF PAPER AND RUBBER BAND THEM TO ROCKS THAT I CAN CHOOSE TO CARRY IN MY POCKETS OR PUT IN MY GOD BOX WHEN I’M READY TO RELEASE THOSE IRRITATING BURDENS.”

[ANGER WORKSHOP BOOKLET \(2\).PDF \(VAALANON.ORG\)](#)

(2019)

God Box

TURNING OVER THE FEAR

God Box: What I Release



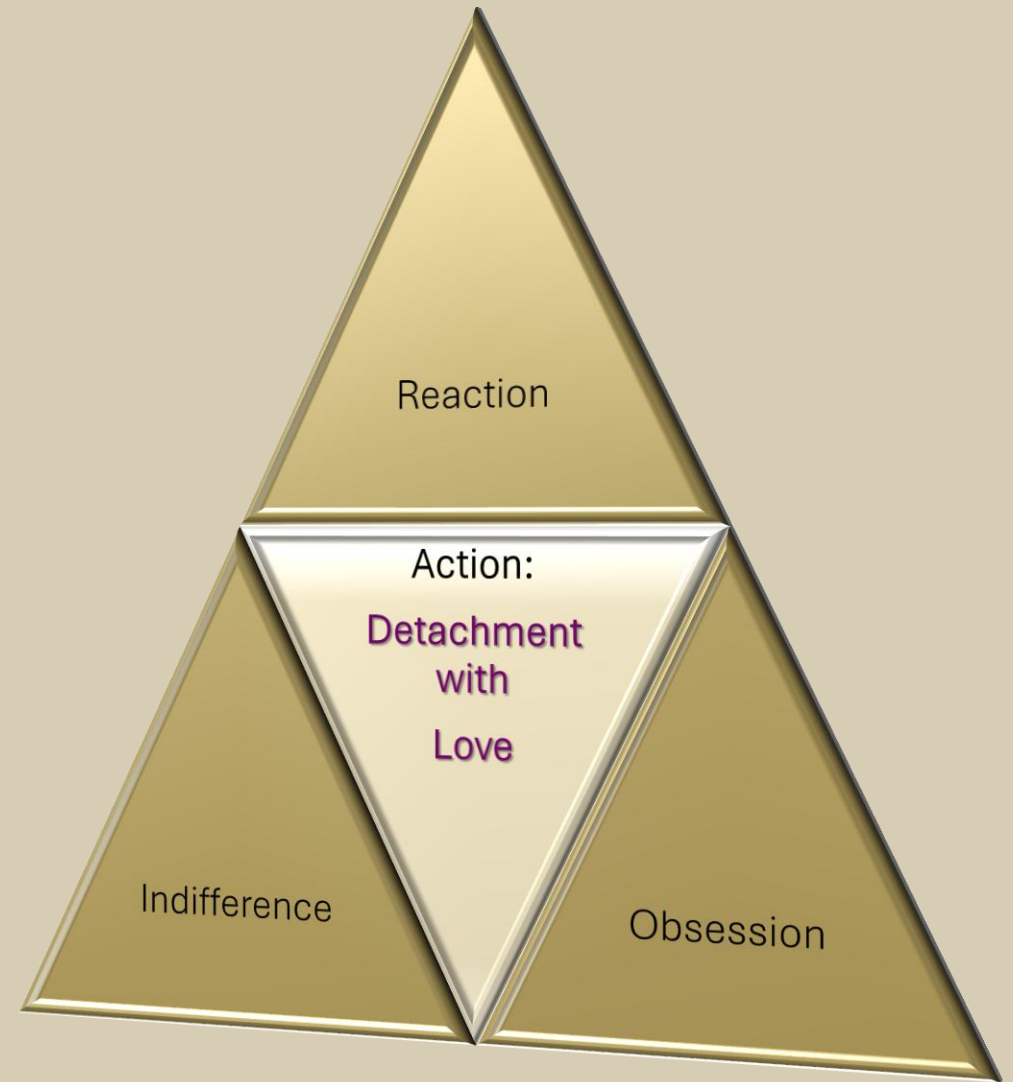
God Box

Releasing My Fear (Obsession)

- The most difficult thing a loved one of an alcoholic is asked to do is to let go. For **perfectionists and control freaks like myself**, it is almost impossible. No mother wants to abandon her child when she feels her child needs her the most. Yet nothing short of letting go would enable me to lead a life as close to “normal” as possible.
- My journey was heartbreaking because I **incorrectly believed that if my advice was just listened to and taken, my loved one would soon get better**. After repeated attempts to “cure” my loved one this way, I finally reached the stage where I realized I was indeed powerless. It is a lesson I continuously learn and one that I have to remember every single day.
- The stories I hear in Al-Anon meetings and read in Al-Anon literature where others have learned to let go gives me strength to keep trying. I need to do this, for my loved one’s sake and for my own. Through its literature and meetings, the Al-Anon community is a lifeline and source of encouragement for people like me. **Certain feelings and fears can never be shared with family or friends but can be shared in the meetings**. Thank you, Al-Anon, for being my guide and strength when I need it the most.

By Alishiya

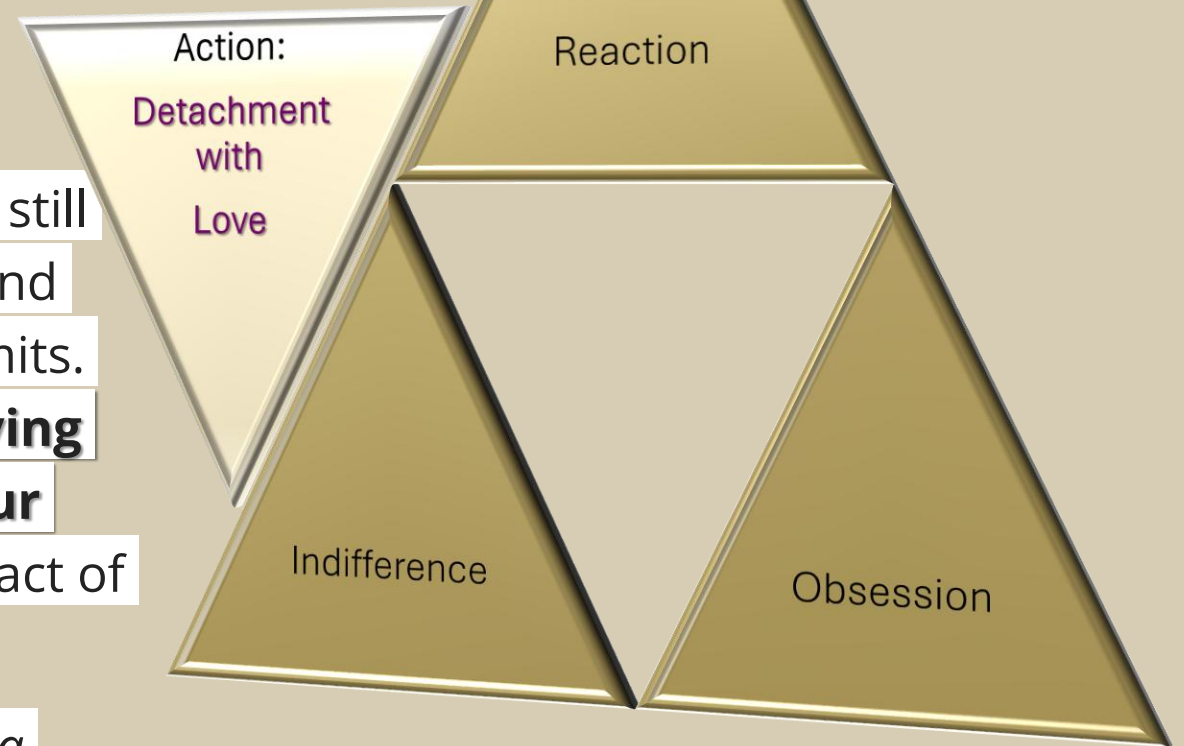
The Forum, September 2022



God Box

Releasing My Fear (Obsession)

- “Let Go and Let God” can help us as we begin to practice loving detachment. Admitting we are powerless doesn’t mean we are helpless. We can still take positive action by praying for the alcoholic and ourselves, by respecting ourselves and setting limits. **Detaching with love doesn’t mean we stop loving the alcoholic, nor does it imply passivity on our part.** On the contrary, detachment is a powerful act of love—for us and the alcoholic.
- *“I placed my husband in God’s hands where he has a much better chance at a sober life”.*



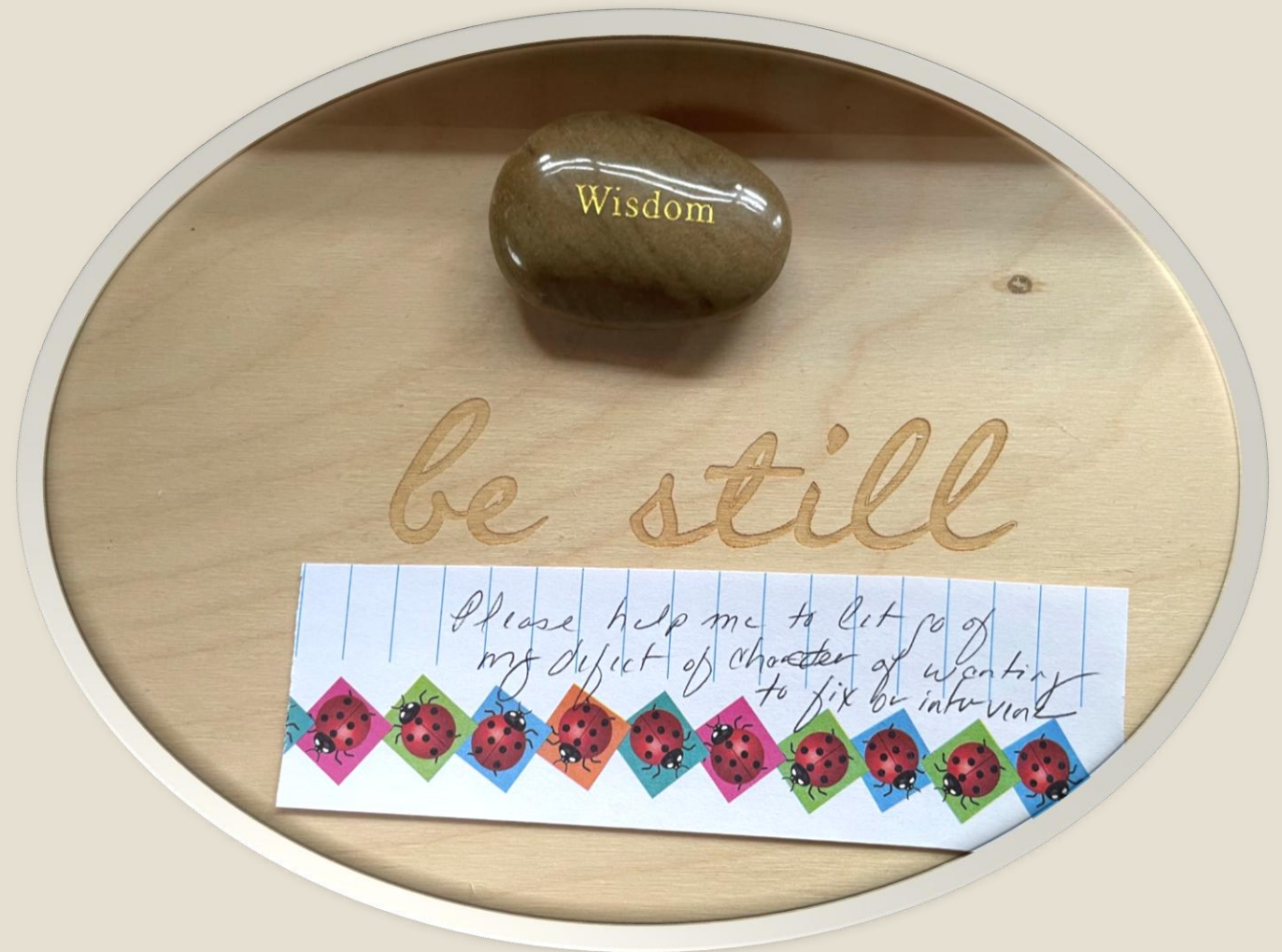
God Box

Releasing My Fear (Worry)

In my daily life, worry (my surrogate to fear) often leads me to an unguided action:

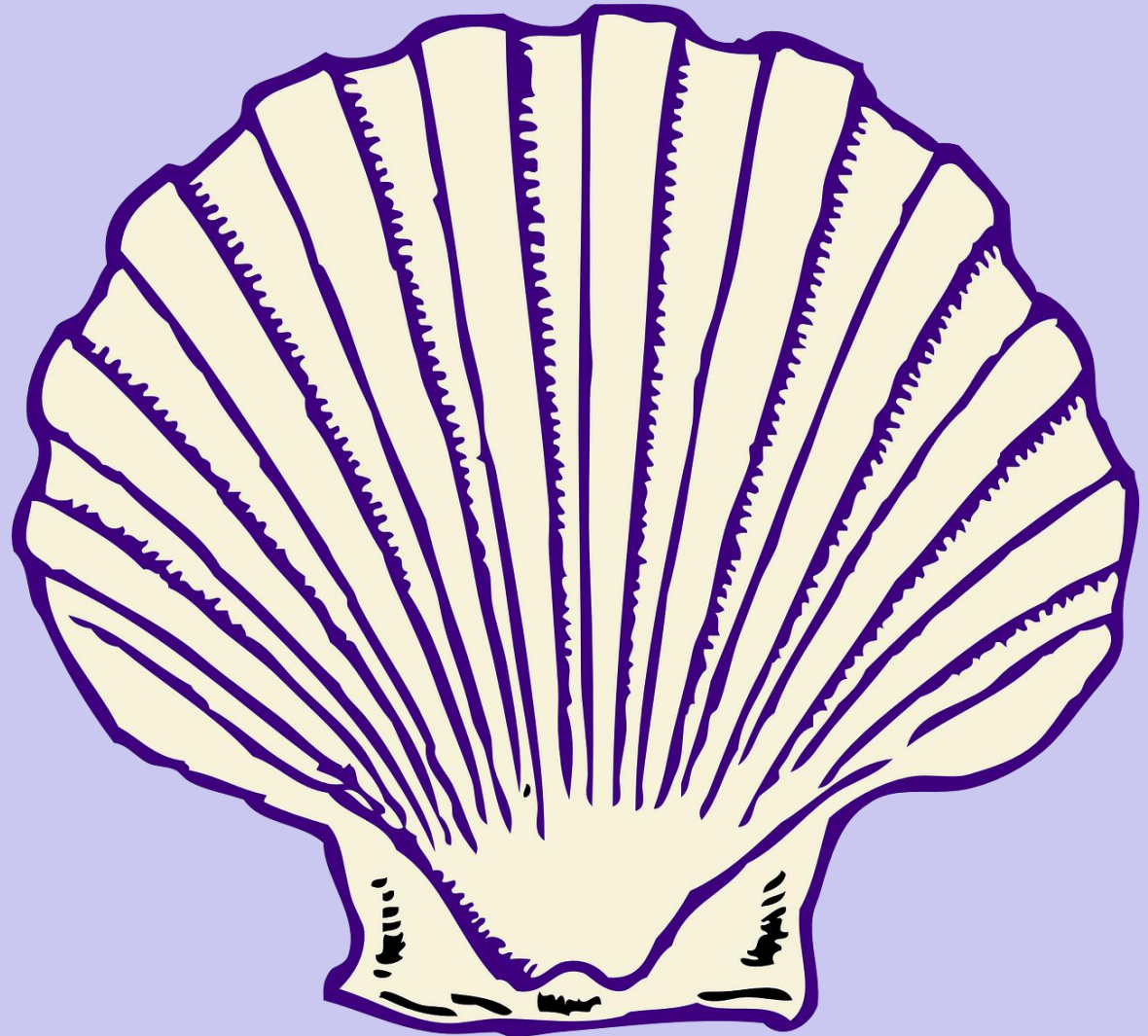
Today to intervene in large and small ways with my daughter and granddaughter. Sometimes I catch myself and other times my family points out my meddling; I am grateful they feel comfortable enough to do this! Other times, I pray and let go.

I remember this defect of character robs others of their dignity in making choices, as well as give myself grace of how this defect of character was born – **as a safety mechanism that no longer serves me.**



My Worry. My Fear. My Shell Story.

Early in Program, while working Step Three, my Higher Power gave me a **long-forgotten memory**. It is the memory I cherish as a child who was already affected by the family disease of alcoholism.



A Physical Reminder of Turning my Daughters Over to their HP.

*As I wrap my hands around the
bracelet. And it felt heavy at first,
but now it is no longer weighty.*



God Box

SURRENDER

God Box: Why I Surrender . . .

So, I can Hear, Sense, Feel the guidance of my Higher Power



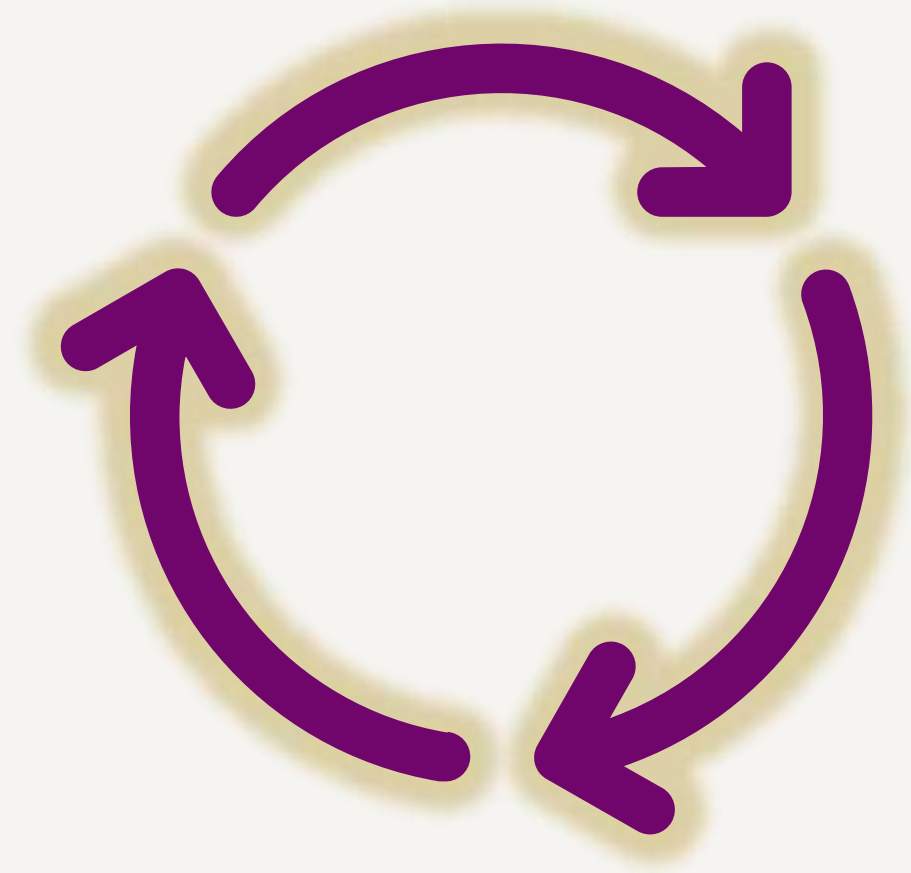
Step 3 and Step 6 – Surrender, Surrender, Surrender

Still hesitation and holding on in **Step 3**.

In Step 6:

(became entirely ready to surrender)

Was able to overcome and see positive aspects



Surrender

“For me, the priceless gift of Al-Anon has been freedom from worry. I’ve come to believe that my Higher Power is managing my life and that everything occurs for a reason.”

Thought for the Day: “Worry is like a rocking chair. It gives me something to do, but it gets me nowhere.”

Hope for Today, April 7th Pg. 89.



God Box

Releasing My Fear- the Flip Side!

On the flip-side of my writings to God, letting go . . .
Often a reading speaks to me to bolster my
understanding and connection.

Feelings are no longer my HP, although they remain
so in my family of origin.

Other surrender tools -- on the **flip-side of fear**:

* Meetings

* My sponsor's words, texts and wisdom!



"Feelings were not right or wrong, good or bad. They just were. I realized by false sense of beliefs about the world were at the heart of my poor choices, which led to behaviors and consequences that added to my problems," Pg. 43: Reaching for Personal Freedom.

The Three A's . . . Leading to Surrender

The **God Box** is All Three!

It can be **Awareness** . . .

It can be **Acceptance** . . .

It can be an **Action** . . .



God Box

AND OTHER WAYS
TO LET GO AND LET GOD!

I found it relatively easy to *make a decision* to turn over my will and my life to God. However, I didn't have any idea how to actually *do it*. I tried to turn myself over more times than a cook turns flapjacks at a pancake breakfast, but I just couldn't seem to let go completely. Finally I found two techniques that work for me—a God box and a basketball net.

A wise Al-Anon member suggested the idea of a God box. I tested it when I felt perplexed about some calculations on my income tax form. On a small piece of paper, I wrote, "The income tax forms are in Your hands until tomorrow." I folded up the paper, put it in a box, and let go of it. It was that simple, and it actually worked! I was able to forget what I was obsessing about and get on with my day.

I also use another letting-go method I call the "basketball technique." This technique helps me let go of work when I come home with my head full of unfinished business. There's a basketball hoop in our driveway. Before going into the house, I play one-on-one with my Higher Power. With each shot at the basket, I imagine the ball is one of my work projects. The hoop symbolizes my Higher Power. If the shot is good, then I've turned that issue over. If I miss, I keep shooting. Finally, the last thing I let go of is the ball. After I take this time for myself, I can go comfortably into the house and enjoy being a husband and a father.

Thought for the Day

If I supply the willingness, my Higher Power will supply the way.

* "There are as many ways to approach turning our will and our lives over as there are definitions of God."

Hope for Today, December 3rd, Pg. 338.

"I didn't have any idea how to actually do it . . . I tried to turn myself over . . . But I just couldn't seem to let go completely.

I also use another letting-go method I call the "basketball technique." This technique helps me let go of work when I come with my head full of unfinished business," (29).

independence from the opinions, needs, and demands of others. We need no longer look outside ourselves to other people for validation. Asking for help from a Higher Power is an admission that we cannot do it alone and gives us assurance that we are not alone.

For those of us willing to be helped but still not convinced that God is the one to do it, the last phrase of Step Three, "as we understood Him," reinforces our freedom of choice. As in Step Two, we are free to define the God of our understanding, and we do not even have to use the word God. We can seek a Higher Power, a Higher Consciousness, or the wisdom and love of the group. What matters is that we set aside our willfulness and determination to be right, and believe that our Higher Power, however we may define it, will guide us in the right direction.

Once we have made the decision asked of us in Step Three, we face the question of how to do it. There are as many ways to approach turning our will and our lives over as there are definitions of God. Most find it necessary to ask the God of our understanding to help us. For those from religious backgrounds, the concept of prayer is comfortable; others may find traditional prayer difficult. Thinking of prayer as talking to our Higher Power may help. Again, in Al-Anon we are all free to define our Higher Power as we choose and to decide how we will communicate with that Power. Remember that asking our Higher Power for help does not mean asking for specific results—that is asking God to execute our will! Turning our will and our lives over to God means that we put the **outcome in God's hands.**

end

* key: being right replaced by higher power of needing help, No - alone,

turning over the outcome to God higher powers will.

Prayer: The Serenity Prayer

Serinity Prayer: + the guide away from

Other Prayers/phrases

God Box

Steps 1, 2, 3

make up our own prayers. One member prays, "God, guide me in my activities today and keep me from idly dwelling on yesterdays and tomorrows." Another simply says each morning, "God, you and I are going to have a good day. And if it's not so good, I know You can handle it." Someone else suggests, "God, help me to live an honest life," while another uses a single word or phrase like, "Be with me today," "Guide me," "Help!" or "Thank you." As in all the Steps, we keep the focus on ourselves and ask for guidance.

A problem can also be handed over to our Higher Power by writing it down and putting it in a special place. Some people make a "God box" to hold their written requests or prayers; this has an advantage in that it can be revisited several months later. Sometimes we discover with pleasant surprise that problems placed there have literally disappeared, and we have forgotten about them.

As in the first two Steps, Step Three can bring about enormous relief, taking the responsibility for our problems and our loved ones off our shoulders. As we grow in the program, we find ourselves returning again and again to these basic principles when faced with new challenges. Step One, Two, and Three complete our preparation to begin taking action in our recovery with the Steps that follow. We know that we cannot control everything and everyone in our lives; that turning our will and our lives over to the care of God as we understand God is our hope for serenity and peace of mind.

Online God Box

- [Hilltoppers Al-Anon Family Group God Box \(hilltoppers-afg.org\)](http://hilltoppers-afg.org)

Hilltoppers-AFG
The Hilltoppers Al-Anon Family Group

[Hilltoppers Home](#)
[In-Person Meeting Schedule](#)
[Online Meetings \(Zoom\)](#)
God Box
[Resources](#)

Hilltoppers-AFG Online God Box

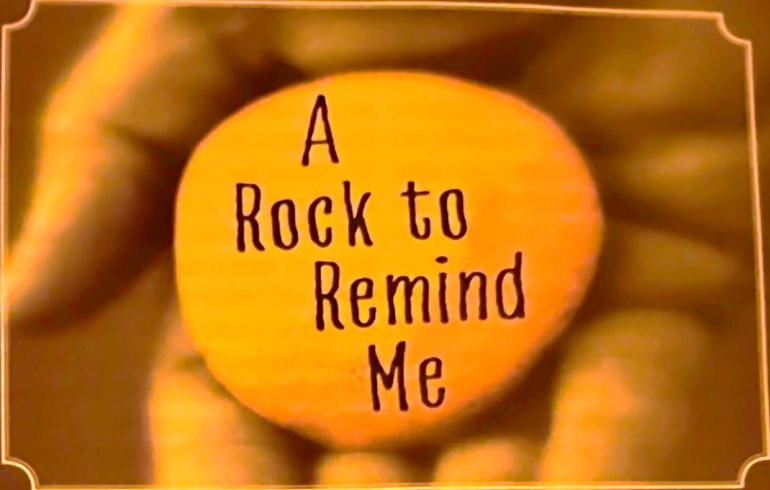
→ Follow the Crumbtrail → [Hilltoppers Home](#) → **God Box**

The God Box Story
Using the God Box allows a person to release people, places, and situations that are beyond individual control. The effects of alcohol and alcoholism can be devastating, and release from the delusion of control can be extremely difficult. The God Box has also been termed a God Can, which infers "I can't, but God Can." As with many things in life, the exact workings of the God Box can't be explained or reasoned. However, the physical, emotional, and spiritual act of placing the request into the God Box and releasing it has brought many people personal relief.

How to Use The God Box
Click on the God Box Button below. Place your request in The God Box Form that appears. Click on the Let It Go Button at the bottom of The God Box. Your Request will be released into Cyberspace. You can also release it personally, and Let It Go. For additional experience, strength and hope about the Al-Anon program, please visit the [Hilltoppers-AFG Online Meeting](#).

[The God Box](#)

Source: For more information about the Hilltoppers AFG, please call: Austin Al-Anon & Alateen Information Center.



A Rock to Remind Me

I enjoy my daily readers and especially cherish readings with visual images, as I am a visual learner. The image of carrying a load of rocks in my backpack that are not mine to carry and the image of wrapping my loved one in a blanket are images that I can visualize and include in my recovery practices.

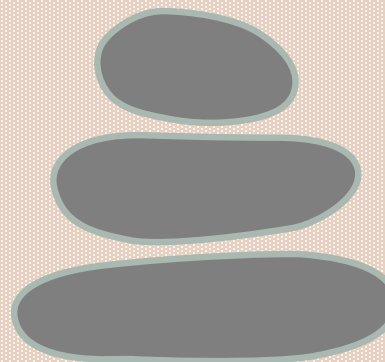
“I found that the ‘Let Go’ rock was especially helpful.”

When my adult daughter was still in high school, we began choosing a word for the year every January. After she married, I began to incorporate Al-Anon concepts and slogans into my word of the year. This practice has evolved into words of the year and includes whatever I need to work on.

I have collected and painted rocks for years, and I began painting my word of the year on a rock. I keep the rocks in a basket, then pull them out and set them in my line of vision whenever I’m working in the kitchen to remind me. I found that the “Let Go” rock was especially helpful if I was having difficulty letting go of my loved one or something in my life. When I spotted the rock, I physically turned it over to let go and give it to God.

This allowed me to release those thoughts, at least temporarily. Of course, there are times when I must turn it over multiple times a day! I have shared this practice with others and keep a box of painted rocks that I have collected from our local river in my home.

By Elizabeth H., Virginia



August 2024 Forum!

Ah, The Slogans!

[P46_2014_WEB.PDF \(AL-ANON.ORG\)](#)

WORLD SERVICE CONFERENCE.

- What I received is beyond my wildest dreams.
- **The slogans got me through the chaotic times.** I especially used **“Let Go and Let God.”** It was comforting to know that my wife had a Higher Power, and I was not it. I learned that I could not save our relationship alone. At best, I am responsible for my half.
- I got a “God box” and I only have one thing in it, “Our Marriage.” If God wants it to continue, it will. I just have to supply the willingness. As a longtime member used to share, “God has two answers, ‘yes,’ and ‘I have something better in mind.’”

[OPENING OUR HEARTS, TRANSFORMING OUR LOSSES - AL-ANON FAMILY GROUPS](#)

- As many of us can attest, giving ourselves over to stress, anxiety, and worry doesn't make our lives any easier. **“One Day at a Time”** reminds us that we can handle most situations for a 24-hour period. Putting this slogan into practice can be especially helpful as we strive to manage our fear and worry. If we think about any endeavor in terms of forever, it will seem insurmountable—but “Just for Today” we can handle almost anything.
- The quality of our recovery depends so much upon our changed attitudes. The alcoholics in our lives may or may not get sober.