In this exercise, we make a list of the fruit bearing activities in which we are engaged now that we are working our recovery program. We then provide an explanation of each activity. It may be helpful to write a before and after explanation of each fruit bearing activity. The Step 3 reading provides several examples.

Remember, even if we have not yet made a conscious decision to turn our lives and wills over to the care of God, we may have done so unconsciously just by entering recovery!

|  |  |  |
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| **#** | **Fruit Bearing Activity** | **Explanation** |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |