

Other step 2 actions

**CREATING A GRATITUDE LIST:**

Part of working the steps includes creating a daily Gratitude list of at least 10 items a day.

The trick to doing this successfully is to **NOT** repeat the items from an earlier list. Each list is separate from the other with no repeats.

**CREATING A GOD CAN OR BOX:** Save an old coffee can or use a box of some kind to store your personal requests made in writing to your Higher Power. Feel Free to decorate the container in any fashion you choose.

When you have a request or prayer for your Higher Power regardless how trivial it is, write it down on paper and place it in the container.

Once a month, open the container and empty all your requests out and go thru them making a note of which prayers or requests have been answered. If they have been share them with your sponsor and make a note of the date of the request and completion time it took.

Remember we work on God's time table not ours and this will help us to see that even our littlest needs can often be met in time.

**WITH THIS STEP, YOU WILL BE EXPERIENCING A LOT MORE ZEAL AND FREEDOM OF THOUGHT.**

**BE CAREFUL OF THE DRY DRUNK SYNDROME THOUGH!**

**THE ANGER AND OLD HABBITS ARE STILL THERE, AND MAY SURFACE WITH OUT YOUR BEING AWARE OF THEM.**

**IF YOU SHOULD FIND YOUR ANGER LEVEL STARTING TO RISE, STOP AND CALM DOWN AND APPRAISE THE SITUATION AND MAKE AMMENDS TO THOSE YOU ARE ANGERY WITH AFTER CALLING YOUR SPONSOR FOR HELP AND IDEAS.**

5. Draft a "Higher Power Wanted"-Ad. Treat this as game or thought experiment. Relax about it. If you could call up any Higher Power, what would you want It to be like? Include childhood beliefs about religion or completely ignore them and create your own. Be creative. Be honest. What Higher Power would create a world you'd prefer to live in? What would you expect of and hope for in your all through the above exercises? Did you discuss the results you felt comfortable sharing with your sponsor or step buddy, if you have one? Yes? Wonderful! Welcome to the end of step 2. Even if the idea of a "Higher Power" seems still a bit weird to you, feel free to move on to step 3. Trust that all of this will make more sense over time.

<http://www.eatingdisordersanonymous.org/publications/Step%20Two.pdf>

<http://12-steps-recovery.com/library/12steps/2step/step2.html>

## **Step 2 First Proposition Exercise.**

Our first impressions of God are based on our interactions with our caregivers. Regardless of religious tradition (including none), the ways we interact with "God" or "the world at large" are partly based on beliefs that we may not even know we have, based on how our parents (or others) took care of us when we were young (or didn't).

This exercise brings these beliefs into the light, where they can be re-examined and (possibly) released or changed.

**Column One:** The few most important people in your life when you were very young. For most of us, this is just our parents.

**Column Two:** Describe your interactions with the person. How did you feel? Did you feel loved, cared for, criticized, shamed, punished, rewarded and in what ways? Summarize the relationship in a few words. Example: My Mom loved me, and she loved having a perfect little boy. She needed me to be perfect so that the image of the family (=her self-image) would be upheld.

**Column Three:** How this relationship has impacted your view of God, and/or of the world as a whole. Example: Because Mom needed me to be good, I go into every organization convinced that my actions will determine how the organization is viewed by outsiders, and I'll work hard to uphold the reputation of the organization. I feel that the world might fall apart if I'm not perfect.

**Column Four:** What I want to believe about God or my HP now. Example: I need to realize that God (or whatever HP I believe in) does not need me to be perfect. The HP just wants to help me. I'm loved unconditionally, and the world (or my workplace, family, etc.) won't fall apart if I'm not perfect. Certainly my Higher Power will not fall apart if I'm not perfect. If I am following a power that is that fragile, it's not a power that's really "higher" than me.

This process is based on the AA story of an agnostic guy who said he couldn't deal with the belief in God that seemed to be required by the steps. He was told: If there *\*was\** a God, think about what you would want him to be like. Write down whatever you would prefer, if a God had to exist." When he was done, he was told: "Now pray to that."

One person I know in program said he had a very clear experience of "hearing God's voice" say to him, "What do you need me to be? I'll be whatever you need me to be." This is the kind of higher power that the program talks about: One that is focused on returning us to sanity, focused on helping us, with no agenda other than that. That's what we need to develop the conscious relationship with, whatever it is for us. That's what "God as we understand God" means in the 12-

step program. Not my desires, which turned out to bring to me a world of suffering. Rather, the will of someone or something that cares only for my welfare.

I now believe that my Higher Power has only love and care for me. No demands, no needs, no agenda other than my health, sanity and welfare. Just total acceptance and total love at this exact moment. No distress about the past, no worry about the future, just whatever I need to be well, right now. And asking to know "God's will for me" is nothing but that: Asking to know what is the thing that I most need to do now to be sane, healthy and well. That's what doing the next right thing is about. That's what "practicing these principles in all our affairs" is about.

<http://www.olganon.org/?q=node/37233>