

Step 2 Inventory Sheets

Came to Believe that a power greater than myself could restore me to sanity

Set aside prayer: *God please enable me to set aside everything I think I know for an open mind and a new experience. Help me see the Truth about my need to come to believe in a power greater than myself.*

Instructions: read and highlight:

1. BB Chapter 4 “We Agnostics”, Appendix II (pages 567-568) and pages 9-16.
2. Step 2 in the 12 & 12 (can also look at NA 12 & 12 and OA 12 & 12)

Below are 2 ways to conceptualize this step:

Principle	Theme/Solution	Action	Defect	Result
Hope (Cornerstone)	He can Open-Minded Willingness	Act “as if”	Contempt Cynicism Defiance	Belief/Comfort

Purpose	Process	Experience	Result	Promise
Acknowledging and identifying a Power greater than myself	Identify 1. My current actual belief about God. 2. Any doubt or resistance to this belief. 3. Qualities I need God to have.	Atheism (disbelief) and agnosticism (doubt) 1. Inability to adequately comprehend God. 2. The need to make a decision=FAITH	A decision to name the Power greater than yourself in a way that works for you.	Certain conscious contact.

Step 2 Prayer: *God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. AMEN (p. 59 BB)*

Step 2 Promise: I will not regret the past nor wish to shut the door on it.

The Second Step consists of 4 main questions for consideration:

1) Do you believe or are you even willing to believe that there is a Power that will solve your problem? (First of the 2nd Step Proposition). Here we need to lay aside prejudice and to express a willingness to believe.

2) Do you have a conception of that Power which makes sense to you and works for you? What is my own conception of God?

3) Is that Power, which the book quite often refers to God, everything if not, is He nothing? At this point, we will have to make a choice. (2nd Step second proposition).

4) Where are we going to find this Power? To do so, we have to honestly seek that Power.

This step therefore consists of four core concepts:

1. Spiritual experience
2. Sanity and insanity
3. Higher Power
4. Belief and faith

Step 2 also identifies 3 Barriers to Spiritual Growth:

- Obstinacy (48:0)
- Sensitiveness (48:0)
- Unreasoning Prejudice (48:0)

Step 2: Definitions

Write down your definition of each word in the step. Then look up each word individually in the dictionary and write down what you learn about the difference between what you thought it meant and the dictionary says it means.

Compare and contrast the dictionary definition and what you thought the following words mean and what you learned from that.

The concept of insanity

Sanity

Faith

We came

To believe

That a Power

Greater than Ourselves

Could restore us to sanity

Hope

Miracle

Step 2 Written Inventory

We came to believe..... Our spiritual experience

What does the phrase “We came to believe...” mean to me?

What experiences have I heard other recovering addicts share about the process of coming to believe?
Have I tried any of them in my life?

Have I ever believed in anything for which I didn't have tangible evidence? What was that experience like?

Make a list of the times you got what you prayed for and/or God saved you.

What is the difference between belief and knowledge?

Do I sense spiritual guidance in my life? How?

What does faith mean to me?

What might I gain from believing I could be supported and loved by a power greater than myself?

Blocks to belief:

Do I have any fears about coming to believe? What are they?

Do I have any other barriers that make it difficult for me to believe? What are they?

Higher Power

What do or don't I believe about a Power greater than myself?

- Describe what the God of your understanding is:
- Make a list of the qualities you'd want your Higher Power to have.
- Make a list of the qualities you WOULDN'T want your Higher Power to have.
- Can a Power greater than myself help me recover? How?
- Do I doubt that there is a Power greater than myself?
- How do these doubts manifest in the way I think, feel or act?

Have you ever believed that the thinking mind is all-powerful and that it could solve all your problems?

Have you ever considered yourself an atheist or agnostic? If so, describe why.

Sanity and Insanity

Sanity is defined as “soundness of mind.”

What are some things I consider examples of sanity?

What changes in my thinking and behavior are necessary for my restoration to sanity?

Have I had an experience in recovery where I was able to act sanely and the preciously, I would not have been able to handle successfully

Insanity: becoming aware of the old patterns of insane thinking: the reaction toward people, places and things that caused havoc in my life

What does the term “insanity” mean to you?

Can you describe ways in which your own life has been insane? This can include: what ways have I been out of touch with reality or resisting what I know to be true?

In what ways does my insanity tell me that things outside me can make me whole or solve all my problems?

Is part of my insanity the belief that the symptom of my addiction is my only problem?

Every day, write on events that relate to “making the same mistakes and expecting different results.”

The last thing we need to look at in the Second Step is where do we find God. Well, we find our answer on page 55 when it says in the second paragraph:

“Actually we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured [means hidden or blocked] by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself.”

So, now we know where to find God – deep down within ourselves.

The second proposition of Step 2 is: Is that Power, which the book quite often refers to God, everything or else is He nothing? “Either God is everything or else He is nothing. God either is or He isn’t.” What was our choice to be?” (53:2)

[If belief is the understanding in my MIND, prior to the experience, that God exists and can solve my problem, and knowing is the understanding in my HEART, after the experience, that God exists and can solve my problem, faith is the courage to leap into action so that I can have the experience to take this understanding from my mind to my heart.]

Second Step proposition exercises: This is on a separate page

The last thing we need to look at in the Second Step is: where do we find God? The answer is given in the AA BB p.55:

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At the end of the chapter in the AA BB, there is a story of a man who had been relieved of his drink obsession and restored to sanity by the Loving hand of God. The book says on page 57, first paragraph:

“What is this but a miracle of healing? Yet its elements are simple. Circumstances made him willing to believe. He humbly offered himself to his Maker then he knew.”

To this man, the revelation was sudden. Some of us grow into it more slowly. As in a spiritual awakening in Appendix II “but He has come to all who have honestly sought Him.

When we drew near to Him He disclosed Himself to us!”

We have completed the first two Steps in the Program of Recovery. In order for God to disclose Himself to us, we have to draw near to him. That means we have to move forward to Step 3.

Action

Action: Perk your ears up and listen closely to for the key words believe, restore, sanity insanity and hoped discussed at meetings.

Action: Pay attention to the presence of miracles in your life: big and small. Look for a miracle a day. Write it down.

Action: After you write down your miracle for the day, ask yourself one question: Is this just a coincidence?

Take Step 2: Do I now believe or am I even willing to believe that there is a Power greater than myself that will solve my problem?

Step 2 guarantees:

Once you have completed this inventory and taken the second step you will have come to believe and have a personal experience that:

We are not helpless or hopeless any longer. You know there is a solution to this malady, and it’s not up to you to straighten up any longer.

As you start to believe, you will grow stronger in faith. This strength will save you.

When you use the tools of this program and continue with abstinence one day at the time, you too, will be restored to sanity.

Fear is a barrier, love is a gift.

http://www.justloveaudio.com/resources/Assorted/Dave_F_Mark_H_FOTS_2001.pdf

<http://www.aacanada.com/free/worksheet-step2.PDF>

http://www.stepsbybigbook.net/files/docs/08-STEP_2_09-2010.pdf

<http://www.soberrecovery.com/forums/step-two/244364-finally-step-2-a.html>

<http://coda-tulsa.org/pdf/12-step-exercises/CoDA%20Melody%20Beattie%2012%20steps%20-%20Step%202%20exercises.pdf>

<http://stepworkshop.com/12steps-online/12-steps-workshop-exercises/step2-exercise1-hope/>

http://lifeskillskey.com/BB%20Study/08-_STEP_2_09-06.pdf

<http://peeltheonion.tripod.com/id2.html>

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

<http://www.cyberrecovery.net/forums/showthread.php?t=18192>

<http://realisticrecovery.wordpress.com/2009/05/21/an-explanation-of-step-2-of-alcoholics-anonymous/>

<http://www.soberrecovery.com/forums/narcotics-addiction-12-step-support/54630-sponsor-sponsee-step-writing-guide-worksheets.html>

<http://www.recoverydaily.com/2ndstep.html>

<http://www.therecoverygroup.org/wts/2007/2007-02q1.html>