Step Two

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

Step 2 **Problem**: Defiance

Step 2 **Solution**: Open-Minded Willingness

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 **Principle**: Hope - In order to engage in a course of addiction recovery, we must have hope of success. If there is no hope, why try? Perhaps we have failed on our own, how about enlisting some help? A way to instill hope is to realize recovery is not a question of ability; after all there are millions in recovery, but rather persistence and application.

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

**Step Two Requirements to get 2nd Step Promises and for Long Term Sobriety:**

1. Leave aside the drink question (51:0)
2. Tell why living was so unsatisfactory (What it was like) (51:0)
3. Show how the change came over you (What happened) (51:0)
4. Share why the Presence of God is today the most important fact of your life (What it’s like now)(51:0)

**New Practice**

Allow Solutions to Emerge

- Quit making a big deal out of ordinary situations
- Stop Overreacting
- Do nothing
- Disengage from the Chaos
- How important is it?

We can focus our mind on solutions...

In order to understand Step Two, you must first understand these four ideas:

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

3 Barriers to Spiritual Growth:

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

To give us a basis for taking the Second Step were going to cover four main points:

1) Do you believe or are you even willing to believe that there is a Power that will solve your problem? (First of the 2\textsuperscript{nd} Step Proposition)

2) Do you have a conception of that Power which makes sense to you and works for you?

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. (2\textsuperscript{nd} Step second proposition)

4) Where are we going to find this Power?

Step 2 Part 1:

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 what the dictionary says it means.

Write about your definition of the concept of insanity, sanity and faith. Then look it up in the dictionary and write about the difference between what you thought it meant and what the dictionary says it means. What have you learned from this?

Write about what each part means to you:

We came
To believe
That a Power
Greater than Ourselves

Could restore us to sanity

What is the principle of Step Two?

Write what your “Power Greater than Yourself” is.

Every day, write on events that relate to “making the same mistakes and expecting different results.” Also write on events that a “Power Greater than Yourself” participated in your life.

How can we apply step 2 in our lives? Be aware of how to apply this principle in your life so that insanity and unmanageability do not take hold.

STEP TWO

1. Write an inventory of your insanity. (Ways in which you have been out of touch with reality or resisting what you knew to be true; times you can look back on and say you had lost your responsible judgment; circumstances which drove you into unreasonable or self-destructive behavior.)

2. Write a summary of the areas in your life in which insanity particularly flourished.

3. List specific examples for each area or category in item #2; and continue to add to this list as you continue working on this Step.

4. Make a list of all your substitute addictions. (E.g. collections, habits, pleasures that have become fixes.)

5. Make a list of all your false Higher Powers. (Both former and present.)

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

7. Describe what the God of your understanding is.

8. Make a list of the qualities you’d want your Higher Power to have.
9. Make a list of the qualities you WOULDN'T want your Higher Power to have.

10. Make a list of what God expects from you.

11. Make a list of what would change in your life, AND a list of what you would have to change, if you felt you could entirely live up to God's expectations of you and He lived up to your expectations of Him. (Go ahead, let your imagination run.)

12. Make a list of what is stopping you from making these changes.

13. Write an inventory/list of your doubts and fears.

14. Write an inventory/list of your hopes and dreams.

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

It’s important for us to identify and overcome any barriers that could prevent us from coming to believe.

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

As addicts, we’re prone to wanting everything to happen instantly. But it’s important to remember that Step Two is a process, not an event. Most of us don’t just wake up one day and know that a Power greater than ourselves can restore us to sanity. We gradually grow into this belief. Still, we don’t have to just sit back and wait for our belief to grow on its own; we can help it along.

- Have I ever believed in anything for which I didn’t have tangible evidence? What was that experience like?
- 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?
- In what do I believe?
- How has my belief grown since I’ve been in recovery?
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)

Second Step proposition exercises: This is on a separate page

Questions about Hope and Step 2:

In your own words, define:

a. Hope
b. Believe
c. Miracle

How did my hope turn to faith?

How has my faith grown?

What action have I been taking that demonstrates my faith?

Have I been able to make plans, having faith that my addiction isn’t going to get in the way?

What is the difference between belief and knowledge?

What do I hope to gain from accepting the concept of a Power greater than myself?

Do I sense spiritual guidance in my life? How?

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

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?

Honesty: What do or don’t I believe about a Power greater than myself.

Open-mindedness: Do I listen to others in recovery share how they came to believe?

DAILY PRACTICE OF STEP 2 PRINCIPLES
How may I practice my new belief that I can get well or more well?
How may I know that help is available, that I am not entirely alone?
How may I stop relying on my own thinking and begin to ask for help today?
How may I be willing to grow along spiritual lines? (60: 1)
Have I sought help from my sponsor, gone to meetings, and reached out to other recovering alcoholics? What were the results?
May I find a sign of a higher power in the support I receive from the fellowship?

**IV TAKE STEP 2**

*Do I now believe, or am I even willing to believe, that there is a Power greater than myself? (47: 2) ...Willing to get well. (97: 4-98: 0)*

When we assent, then according to the Big Book and under the conditions of this day, we take Step 2. Keep in mind that our reasonable best is always more than good enough. Some groups mark taking Step 2 by holding hands and reciting the Step. [http://stepsbybigbook.net](http://stepsbybigbook.net)

**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 nor 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.

The 12 steps program of OA, is the only ever lasting solution to our kind of disease, proven by millions.

You do not have to believe in God. You can believe in anything positive, that gives you courage, strength and hope. I use to word God for the simplicity of it, in fact my higher power is pure LOVE, nothing else, but the word is so poor combined with the uniqueness of the God word (only my opinon).

You do not have to live like you have lived, it can and will change. 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.

Step 2 Written Inventory

http://www.aacanada.com/free/worksheet-step2.PDF
http://www.stepsbybigbook.net/files/docs/08-STEP_2_09-2010.pdf
http://stepworkshop.com/12steps-online/12-steps-workshop-exercises/step2-exercise1-hope/
http://lifeskillskey.com/BB%20Study/08_-_STEP_2_09-06.pdf
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