

ES&F 12 Steps in 1 Hour Sessions Review of Step 2

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Step 2 consists of 4 parts:

We have to express a willingness to believe

We have to come up with our own conception of God

We have to admit the possible existence of that Power

We have to honestly seek that Power

Step 2: Do you now believe or are you willing to believe in a Power Greater than yourself? (Step 2, Read pg. 47:2; 55:2)

If you do not now believe in a power greater than yourself, are you willing to change your mind? (Step 2, Read pg. 47:2; 55:2)

Do you believe God can, and that He will relieve you of your compulsive eating behaviors if you seek Him?

When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be? (pp 53)

Are you really ready to fearlessly face and answer the proposition that "Either God is everything or else He is nothing? Either God is or He isn't. What is your choice to be? (AA BB: 53)

This is a Higher Power of our own understanding. Developing and deepening our understanding of a Higher Power is what the remaining steps will accomplish. (AA BB: 98:0)

Step 2 Homework

For fun, we also did the **Step 2 Exercise: What qualities we need God to have in order to have faith in Him?**

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This is a wonderful exercise on what qualities we each need God to have for us.

In Step 2, we are faced with the task of coming to believe in a Power greater than ourselves who can and will restore us to sanity. When we work a spiritual program of recovery, we consciously and actively attempt to become part of something bigger, greater and more powerful than we are on our own.

In order to have a relationship with God, we each need to know what qualities we need God to have in order to have faith in Him.

What is our conception of who God is based on our own personal experiences?

Please answer the questions below.

If you were to become paralyzed and had to hire someone to take care of you, what qualities would you want them to have? (Write these down)

You are about to be born and the stork turns to you and asks how would you like your mother to treat you? (Take care of me, teach me right from wrong, etc.) – What qualities would you want her to have? (Loving, caring, kind, etc.) (Write these down)

Then the stork asks about your father. **How would you like your father to treat you? What qualities would you want him to have? (i.e., protecting, strong, etc.)** Write these down.

Now, think about how this world was created:

What qualities do you think this power, thing or person had in order to do this? (All powerful, capable of doing anything, etc.) Write these down.

Write down the qualities from the responses above in order to define your concept of a Higher Power. These are the qualities are your own personal description of your Higher Power. In addition, the qualities are accessible and attainable, since we all can be caregivers, parents and creators of our own world!