

Arizona Step Study

Step Two Assignments

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

Do all of these assignments:

- Define all the words in Step Two.
- Start a Blessings Book. Use a notebook or a journal and describe the situation whenever you think your Higher Power (HP) may have moved for you. If you're not sure, write it down. Just include the date, and what happened.
- Answer questions in COSA's Step Two booklet.
- When you have finished Step Two, write a prayer to your Higher Power. Try to encompass all the attributes of your Higher Power.
- When you are finished with Step Two, take some time to write about your experience.

+++++

Answer three or more of the following bullet points each week. Pick those that most resonate with you. Remember, the deeper you go, the more you'll get.

On coming to believe:

- Describe things or people or other beings or energies that may be a power greater than yourself.
- What people, things, or anything else have you treated as your Higher Power?
- Who have you allowed to run your life besides yourself?
- Describe what "my HP is not" and what "my HP is".
- If you don't believe, describe the God you don't believe in.
- What were the best qualities of the people in my life? Which of those qualities would you like to use to describe your Higher Power?
- Who have you trusted in your life? Why?

- Describe the experiences of the divine or a Higher Power or God you may have had throughout your life.
- What are you going to lose if you start relying on a Higher Power? What might you gain?
- What would it mean to you if you let go of what you learned about HP and replaced it with what you have experienced of your HP

On *could restore*:

- What does the word “could” mean to you in Step Two?
- What have you lost that a Higher Power might be able to restore to you?

On *sanity & insanity*:

- Identify ways “I have been insane.”
- Answer the question “Have I behaved insanely around someone else’s compulsive sexual behavior?”
- When have you felt most centered, grounded, and sane?

On Step Two in general:

- Many believe the spiritual principal of Step Two is hope. Why do you think that is?
- “First I *came*. Then I *came to*. Then I *came to believe*.” What do these three statements have to do with the process you are experiencing with Step Two?
- Write about some experiences you have had in gradually moving toward a different perspective. Maybe you came to believe that a person was not who you thought he was. Maybe an experience gradually seemed to be different than you first experienced.