

Step Two

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

1. Came to believe
 - a) What does “came to believe” mean to you?
 - b) Does this suggest that Step Two might take time and introspection?
2. Step Two suggests that we look beyond ourselves for restoration.
 - a) What powers can you currently sense or witness in your life that feel greater (higher) than yourself?
 - b) Do you feel open to examining these powers to improve your understanding of what restores you and what hampers you?
3. Describe your relationship with religion and/or with spiritual practice(s) or your current thoughts about religion and/or spiritual practices.
4. Obstacles/challenges
 - a) What are some obstacles or barriers you face in trusting in a Higher Power?
 - b) Has mistrusting yourself been a factor in this? If so, how?
5. What do you need to feel safe? Think of a time in your life when you felt safe and were able to let go and trust. Perhaps it was with a person or a pet, in nature, or in a particular place.
 - a) Journal about your experience and describe what was happening that helped you feel comfortable.
 - b) Did a Higher Power play a role in that situation? If so, what was it?

c) What attributes does your Higher Power have, or would you like Higher Power to have, to help you feel safe and trusting?

6. Higher Power Art Activity I: Describe in words or create a drawing, collage, watercolor, sculpture, or series of photographs representing your current understanding of Higher Power. You will have an opportunity to do this activity again after you have worked through most of Step Two, so save it in a safe place.

7. Sanity

- a) What does sanity mean to you?
- b) What do you need to feel sane?

8. Identify some situations, prior to, or early on in your recovery, when you thought or acted in a questionable or in a manner that did not align with your definition of sanity. List your behaviors and any consequences.

9. Some of us learned early on to be self-reliant.

- a) How has self-reliance helped you in your life, whether in your childhood or in your adulthood?
- b) How has it harmed you?

10. Consider a situation in which you tried to fix or change someone.

- a) What was your motivation?
- b) How did it work out?
- c) Journal about how you feel today about your attempt at changing the other person. Describe whether and how you would respond differently in that same situation today. Explain why or why not.

11. Journal and/or make a list of activities you can do to help restore yourself to sanity. Notice which activities draw from a spiritual power outside yourself. What is your part in helping this spiritual power restore

you to sanity? Refer to this list when you are feeling lost and want to reconnect with a restorative power.

12. Consider a challenging situation with which you are struggling.

- a) What is within your power to change? What is not in your power?
- b) How do you discern what you need in this situation?
- c) What tools can you use that might help?

13. Asking for help:

- a) In what situations are you comfortable asking Higher Power for help?
- b) When are you more hesitant?
- c) Compare and contrast these moments, and journal about common themes.

14. As you work through Step Two, what changes do you notice about your beliefs in a Power greater than yourself?

15. Have you come to believe that a Power greater than yourself could restore you to sanity?

- a) Describe your experiences as you begin to feel restored.
- b) If you have not come to believe, what is standing in your way? What might be helpful for you?
- c) Consider doing a drawing, painting or collage that represents your experiences to help you locate, identify, and understand your resistance.

16. Higher Power Art Activity II: Describe in words or create a drawing, collage, watercolor, sculpture, or series of photographs representing your understanding of Higher Power. Note any differences from your earlier effort.