

12-Step Journals: Step #2

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

Becoming a sober person, free of your addictions means a restoration to sanity. In AA we learn that by working the 12 steps the restoration is happening in part because addiction and it's accompanying insanity are not controlling our lives anymore.

As part of a recovery process it's really helpful to ask and answer important questions pertaining to step two; questions about insanity coming to believe a power greater than ourselves, restoration to sanity, and spiritual principles. Answer the following questions thoroughly, at least 1 paragraph for each question.

- How did you make insane decisions as a result of your addictions?
- What are your fears about coming to believe in something greater than yourself?
- What does “we came to believe” mean to you?
- What experiences have you heard other recovering addicts share about their process of coming to believe and have you tried any of them in your recovery/life?
- What problems do you have in accepting that there is a power/powers greater than yourself?
- What evidence do you have that a “higher power” is working in your life?
- What are some of the things you consider good examples of sanity?
- What changes in your thinking and behavior are necessary for your restoration to sanity?
- Why is having a closed mind harmful to your personal recovery?
- How are you demonstrating open-mindedness in your life right now?
- What fears do you have that are getting in the way of your trust?
- What do you need to do to help let go of the fears?
- Are you seeking help from your sponsor/counselor/mentor/spiritual director, going to meetings and reaching out to other recovering addicts? If so what are the results?