

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?

Answer: Your decisions are based on the fix of fulfilling the addiction were addicted to. You don't think rational, the addict thinks selfish.

What are your fears about coming to believe in something greater than yourself?

Answer: The fear of if change doesn't work will I become worse with my addiction or die with the addiction.

- What does “we came to believe” mean to you?

Answer: It means to me the power of Decree and affirmation until it becomes manifestation

- 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?

Answer: I often hear recovering addicts often says these words “It's a Day-by-Day process” and those words I use for myself to eliminate me from being hard on myself on the road to recovery.

- What problems do you have in accepting that there is a power/powers greater than yourself?

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Answer: I have no problems with accepting GOD is greater than me and absolute greater than my addiction.

- What evidence do you have that a “higher power” is working in your life?

Answer: The Power of Prayer. The conviction of the holy spirit to yes listen to my emotions yet obey the instructions of GOD.

- What are some of the things you consider good examples of sanity?

Answer: Being able to hand over a crisis or daily stress without returning back to old habits and the temptation of our addictions.

- What changes in your thinking and behavior are necessary for your restoration to sanity?

Answer: Absolutely it is. The mind controls the behavior of our addicts. Sanity is a state of mind that overrides the behavior of addiction.

- Why is having a closed mind harmful to your personal recovery?

Answer: A closed mind never sees past its addiction. It's a mindset that tells itself this is who I am, and nothing can or will change me. Often a closed mindset is stubborn mindset/behavior.

- How are you demonstrating open-mindedness in your life right now?

Answer: By being open to truth, accepting truth and most of all confessing the truth about me to me and other. The 1st step to recovery is confession.

- What fears do you have that are getting in the way of your trust?

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Answer: Time, Patience with myself, and speaking over myself daily until my recovery becomes a lifestyle and not just a saying.

- What do you need to do to help let go of the fears?

Answer: Confess it is a fear. Apologize to myself and change the way I look at myself to change myself.

- 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?

Answer: Yes, now I am beginning to do so with seeking guidance. I'm learning from this class and talking with my mentor that recovery takes time and time all depends on how I manage it to totally recover from it.