

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?**

I think that my decision to drink so much sugar and caffeine daily is a bit insane, concerning my heart condition. I also went against my doctors' advice to cut down on sugar and caffeine, which might also be seen as insane. Additionally, my spending choices to support my coffee habit could be considered insane because up until recently I was unemployed but bought coffee on my credit card every day.

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

I am not bothered by the idea that there is something greater than myself, and that I am powerless to it. I understand that I am capable and have strength within me, but that doesn't mean that I am not without weakness. There must be something more powerful than me because I am not the most powerful or most great (and I am nowhere near it). The idea that there exists a higher power is comforting to me more than anything.

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

To me, the phrase “we came to believe” indicates a yielding, but not resignation. We have settled in our mind that there is indeed something greater than ourselves, to which we are powerless. The phrase implies a kind of surrender, not to the addiction, but to the actions and state of mind which drives us to that addiction. Even further, we have settled in our minds that a Higher Power is the only outside source of hope and strength to conquer addiction.

- **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?**

In the past, I have heard from people who have recovered from drug and alcohol abuse describe the moment that they admitted to their addiction. I cannot recall a specific method of process, except that they took responsibility for their actions,

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recognized their problems, and intentionally stayed away from the substance/what drove them to it. I am currently practicing all three of those things.

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

As stated above, I do not have a problem accepting that there is a power greater than myself. In that acceptance I find great peace. I feel that it lifts some of the pressure off of myself, in the sense that I should have known better or done better. Even more, I know that this greater power can help to me because it is greater, better, and more powerful than me.

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

The fact that I am willing to give up something that I enjoy as much as coffee is evidence that a higher power is working in my life. The willingness to complete this process is what will lead me into understanding the root desire that drives me to addictive behavior. This uncovering of that desire is certainly within the realm of the workings of a Higher Power.

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

A good example of sanity would be my decision to start my morning with an actual breakfast instead of just coffee. Sometimes when I was in a rush in the morning and knew I would not have enough money for both coffee and breakfast food, I would drink coffee on an empty stomach (which actually can make my heart palpitations worse). These past few weeks, I have grabbed breakfast from home or bought juice, tea, or a smoothie since it is more affordable and healthier for me.

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

I think I still need to push myself toward the idea that I don't actually *need* coffee. Even though I have been avoiding coffee, I still think to myself that I just absolutely need it. In reality, I know that this is not true, but when I am hit with cravings for coffee it's the only thing I'm thinking about.

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

A closed mind is harmful to recovery because it does not allow yourself the space to think clearly. If your thoughts are set on preconceived notions, assumptions of your

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success, etc. , then you will not be able to set your mind to the work of overcoming addiction.

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

I would say that I'm demonstrating open-mindedness by allowing myself to consider that after completing this process, I may never want coffee in the same way. Possibly, I won't feel the need to drink it at all. It seems like a stretch to me now, but I am trying to put my thoughts on a positive trajectory.

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

My only fear right now is that I would not be able to get to the root of why I am driven to my addiction. In my own mind, the fear of not finding an answer makes me not want to trust the process.

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

I'm not sure what I need to help get over the fears. Right now I am just persevering as best as I can, recognizing the thoughts in support of addictive behavior as irrational.

- **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?**

In general I am seeking help, which I believe may reassure my fear that I would not get to the root of my behavior. I have yet to start with a counselor, but I am currently taking steps to engage in regular sessions.