

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?

An insane decision to me though not to others, is staying up until morning 5 am. To anyone else, that may not seem a big deal, but after a night of homework and work in the morning, it also is self-sabotage. I actively see the time going by but keep telling myself to go another minute. And I know my body is tired, but it insists I can't sleep. Lastly, I convinced myself it wasn't an addiction and was educational.

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

I fear that I'll substitute this addiction with another. Though I want to let it go at the end of the day, I fear my actions won't be strong enough to bring change truly. I fear that there's nothing truly greater than myself besides God.

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

I believe in what is being said. I think it means I'm participating. I should have a community supporting my better discussion. It means there's something to believe in.

- 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?

My father was admitted or admitted himself to a drug school/addiction program. In which he found someone who directed him to God. My father eventually graduated, but a few years later, he was arrested for selling.

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He explained to me that he didn't use just sold it. It took him a few years after getting out to find what he wanted to do with himself.

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

I have difficulty accepting that there is a power/power more significant than yourself because I like control. I refrain from calling myself a control freak because it usually involves me, and I don't push it on to others. I'm not too fond of the fact that I cannot control my environment or upbringing.

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

Grace! My entire life was wrapped around in grace because I know the Lord constantly pursues me. My evidence is my morals and the consistent nagging feeling of right and wrong. As well as a favor, it follows me to my friends, jobs, and just everyday need.

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

Boundaries! Knowing my needs is an excellent example of sanity. Not prioritizing others before myself. Not looking for other outlets in which my action would have taken play. Handing in work on time is my beautiful world of sanity.

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

I needed to change the idea that my actions were okay to they were not okay. I had to change my behavior to prioritize sleep more. I needed to place boundaries on work, school, and personal life. I also need to tell myself what appropriate coping skills are. Lastly, I must figure out how to change my diet and exercise because removing the addiction is just as important.

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

Having a closed mind harms my recovery because it does not leave room for taking this seriously. It leaves no room for growth. It can leave me comfortable, but I need to see the error in my way to change.

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

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I am showing open-mindedness by incorporating outside help. I seek out counseling for my personal life to bring balance. I started with a chiropractor to include balancing physical health and limiting bad habits. Trying this process alone demonstrates open-mindedness. Lastly, being honest with myself can also demonstrate open-mindedness..

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

Fear of failure as well as in self. I fear that I'm overdoing it and that this isn't a true addiction. However, my habits say another wise. I don't trust myself when I'm lonely and longing. I fear this is the better addiction, and I shouldn't worry again.

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

Be successful! I need tiny wins to feel like I am being productive. I need to stay positive and give myself more affirmation. I need to change the environment around me to help the success rate. I need to incorporate prayer and reading of the world.

- 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?

As of yet, there are no results for another. However, I do plan on attending three AA meetings. I have also deleted possible methods of engaging with my addiction. There are defiantly signs of withdrawal. My environment doesn't always allow me to not trigger with a reminder..