

Step 2 Came to believe that a power greater than ourselves could restore us to sanity

2.5 (N) A power greater than ourselves

We may be so used to self-reliance as the only way of functioning in the world that we resist the notion of any Power greater than ourselves. We can start to open ourselves to this idea by considering the forces that are clearly more powerful than we are, such as nature, society, or even our addiction. When we realize that our power is limited, we can more readily acknowledge the possibility of a Higher Power.” Sex Addicts Anonymous pg 26

Have you ever reached out for help with this addiction?

If so, what were the results?

There are several common responses to the phrase “a power greater than ourselves”. Some of them are:

- That fits right in with my religious background and I don’t have a problem with it
- I’ve never been religious, but I can accept the idea that there is something out there.
- There is no way that I can accept any program that relies on a supernatural power.

What is my reaction to this phrase?

Many people assume that the phrase “believe that a power greater than ourselves” means that religious behavior such as prayers, rituals, and vows will fix this addiction.

What is my experience with using religious behavior to fix my addiction?

For many in our program, negative experiences

<p>with religious hinder their recovery. It is important to address those negative experiences</p> <p>What resentments and hurts do I carry because of my prior experiences with religion?</p>			
<p>The word "power" has many meanings. In recovery, it can have far more meanings than anything we thought prior. And our relationships to power changes over time.</p> <p>What do you think the word power means in this step?</p>			
<p>We have had many experiences with powers greater than ourselves throughout our lives, such as parents, teachers, bosses, in-crowds, and more. Please list previous positive and negative experiences you've had with people with power, what you learned about power from that, and what you would have wanted to have as a relationship with a higher power.</p>			
<i>Person with Power</i>	<i>My experiences with that power</i>	<i>Lessons learned about power</i>	<i>If I had a choice, how would I like it to have been, what would I have wanted from that higher power?</i>
<p>"A power greater than ourselves" also brings up the issue of control. Do we fear being controlled by something greater than ourselves?</p> <p>If so, why?</p>			
<p>Many of us come to this program looking only for new ways to control the addiction or its consequences.</p> <p>Am I still looking just for new ways to control the</p>			

<p>addiction?</p>	
<p>Our program declines to specify what a “power greater than ourselves” is. We have no doctrine, creed, or scriptures.</p> <p>Why do you think the program does not define what “power greater than ourselves means?</p>	
<p>Do you benefit by not having a “power greater than ourselves” specified?</p> <p>If so, or if not, how?</p>	
<p>We experience various kinds of power in this program. Some people sense a power in meetings. Some people experience a strength in sharing with another person. Some people see the strength of being honest in group as one kind of higher power.</p> <p>What am I experiencing in this program about powers that can help me?</p>	
<p>When struggling with my addiction, how might I find a power other than myself that I can accept?</p>	
<p>When we come to believe, we change what we do. Others can see our belief in a “power greater than ourselves” by what actions we do differently.</p> <p>What actions show that I believe that this program can work for me?</p>	

<p>“For many of us, this starts with simply coming to meetings. We experience the group as a Power greater than ourselves that cares” <i>Sex Addicts Anonymous</i> pg 26</p>	