

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

### 2.A Came to Believe

The goal of this exercise is not to add to our shame, but to help identify how to not act out again. Step 2 is the second step for a reason. Let's wrestle with the words of the step to see how it actually can affect our lives.

For many of us, that word has loaded connotations. What does the word believe mean to me?

Growing up, what have I learned from other people about the relationship between what people said they believed and how they lived?

When I look at their lives, were their actions consistent with their statements? What does that say about their "beliefs"?

What events taught me to either be a sex addict, or to deal with feelings on my own with sex?

What beliefs were taught me through these?

What is my experience with telling myself, "I'll never do that again."?

Have my actions been consistent with that or with the statement "Sex is my greatest need."? Which one is my true belief?

Some of us have heard the phrase "do what I say, not what I do".

Someone else wrote "Show me your faith without deeds, and I will show you my faith by what I do".

A German theologian, Dietrich Bonhoeffer, wrote, "only he who is obedient - believes".

In SAA, we have the slogan "walk the walk, not just talk the talk".

How do these statements value action vs. talk?

How do these statements affect my understanding of the word "believe" in step 2?