

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

### 2.B Past Experiences with Religion

Let's wrestle with the words of the step to see how it actually can affect our lives.

For many of us, when we hear these words, we associate them with god or religion.

Prior to recovery, what techniques have I used to try to connect to a power that might take away my addiction?

Have any of them worked?

Do I have any resentments or other feelings about God or religion seeing as how I am still an addict?

Often people take these words to mean something supernatural. Is it possible that there are other powers that can help?

When I listen to people in the program (who have long sober time) talking about what works, what techniques are used to find something that has power over the addiction?

Many people have reported that over time, just coming to group meetings has not been sufficient to keep the addiction at bay. They reported that when they made extra efforts to reach out to the group, it helped.

Which activities would help me better connect with the group for when I am struggling with my addiction?

(ex: adding more meetings (90 in 90), getting a sponsor, calling that sponsor on a daily basis, joining a step study, or meeting with a sponsor to do step work)

Am I able to reach out to other people when I am in trouble or acting out?

If not, why not?

Looking at people who are getting sobriety, how do I see them living the phrase "came to believe that a power greater than ourselves"?