

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

### 2.D Insanity

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.

In order to work this section of the step, we need to recognize our insanity. What events show that I am insane?

Most of us look at the acting out as the insanity. Over time, we learn that the acting out is not the real insanity. Acting out is a consequence of the insanity. The insanity occurs first in our heads (in lying and fantasy) and in our relationships and happens in the hours and days before acting out.

Some examples of insanity are: insane relationships (dependency, manipulation, power plays, needs not being met, seeking approval, lack of boundaries, etc.), insane work habits and environments, and insane attitudes (black and white thinking, entitlement, rationalizations, judgmental, perfectionism, etc.)

What is my insanity? (give examples)

Fantasy

Lying

How am I insane in my relationships with others?

How do my insane work habits, environment, and attitudes and my attitudes about money lead me

to act out?	
What insane attitudes do I have about myself?	
The program offers help in the insanity. In what gentle ways can the program help me in the middle of the insanity?	