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| Step 2 Came to believe that a power greater than ourselves could restore us to sanity  2.E Asking for Help | |
| When we look at others in our lives [including recovery groups], what characteristics do we recognize as demonstrating growth or recovery? |  |
| When I look around me, do I see anyone in recovery who have something I want?  Do I think they could help me when I’m in a crisis? |  |
| Do I ask these other people for direction when I’m in difficulty?  What is keeping me from asking for help from these people? |  |
| When growing up, what happened to me when I asked for help? or talked about sex? |  |
| What are my family messages about people who ask for help? |  |
| What message am I getting in recovery about asking for help?  If I’ve tried to ask for help in recovery, what was my experience? |  |
| Like many people, I have asked God for guidance with this addiction. In the middle of the craziness, I’ve prayed. What I have found is that I was making so much noise that I could not hear what the quiet, still voice was saying.  What techniques can I use to stop and listen to what the next right thing is? |  |
| How can I practice asking for help? |  |

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