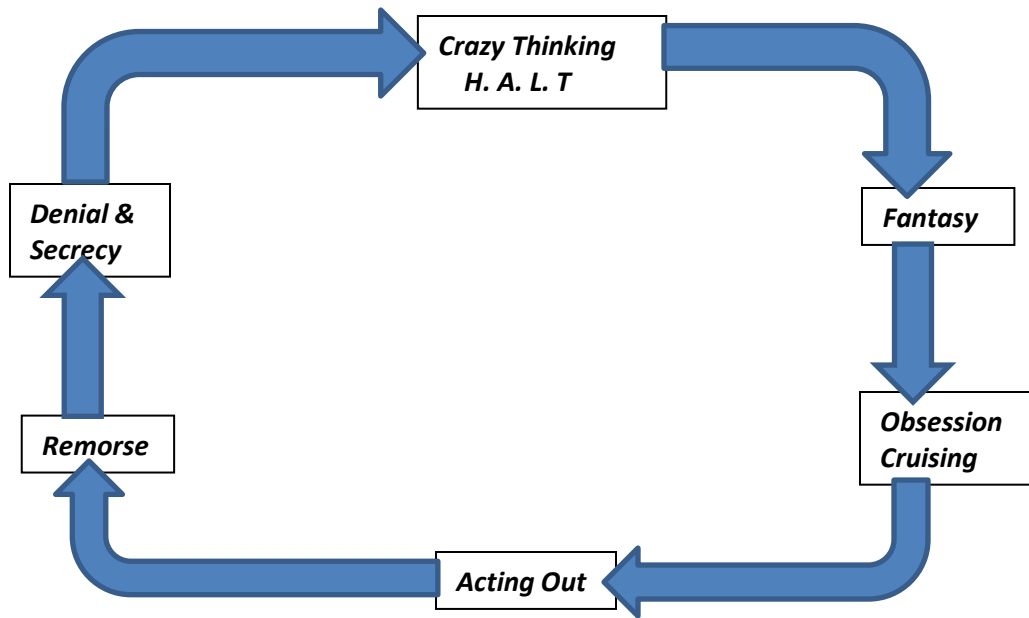


Step 2 Came to believe that a power greater than ourselves could restore us to sanity

2.G Addiction Cycle

Acting out often occurs within a cycle. This is especially true for those who have the “binge and purge” cycle.



For each of the above activities give an example of when you were in this part of your cycle. For most of us, the “crazy thinking is thinking we can handle this on our own or we have to follow someone else’s pattern of life. A trigger moves us from Crazy Thinking to Fantasy.

Crazy Thinking (H.A.L.T.)	
Fantasy	

Obsession / Cruising	
Acting Out	
Remorse	
Denial & Secrecy	
Likewise, for each of them, what different action can you take afterwards that would break the cycle? Some ideas are to call a program buddy or a sponsor, talk about it at a meeting, or read recovery literature.	
Crazy Thinking (H.A.L.T.)	
Fantasy	
Obsession / Cruising	
Acting Out	

Remorse	
Denial & Secrecy	

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