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| Step 2 Came to believe that a power greater than ourselves could restore us to sanity2.H Living the Prior Step |
| One way to look at this step is that it is the natural outcome of accepting the prior step but having hope.  |
| Step 1 states that we admitted that we were powerless over our compulsive sexual behavior, that our lives had become unmanageable. How am I incorporating that attitude into my life?  |  |
| List what happened with the last time you had an interaction with your addiction What was the trigger to act out? |  |
| What actions did you take to not act out?  |  |
| How did you feel afterwards? |  |
| The program offers hope in our addiction. What actions does the program teach me to take in these situations?  |
| 1. When triggered
 |  |
| 1. When trying not to act out
 |  |
| 1. When having acted out
 |  |
| Step 2 asks us to change our attitude when we realize we have been triggered. Prior to recovery, we had no hope of controlling our addiction.  |
| What attitude have I had when I have recognized that I have been triggered? (Despair, excitement at the conquest, suicidal, etc.) |  |
| How can I be powerless and yet have hope over this addiction? |  |
| What actions can I take to connect me with the hope of the program? |  |
| How often do I need to do such actions? What actions would help me if I did them daily? weekly? |  |

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