

<p>Step 2 Came to believe that a power greater than ourselves could restore us to sanity</p> <p>2.H Living the Prior Step</p>	
<p>One way to look at this step is that it is the natural outcome of accepting the prior step but having hope.</p>	
<p>Step 1 states that we admitted that we were powerless over our compulsive sexual behavior, that our lives had become unmanageable.</p> <p>How am I incorporating that attitude into my life?</p>	
<p>List what happened with the last time you had an interaction with your addiction</p> <p>What was the trigger to act out?</p>	
<p>What actions did you take to not act out?</p>	
<p>How did you feel afterwards?</p>	
<p>The program offers hope in our addiction. What actions does the program teach me to take in these situations?</p>	
<p>A. When triggered</p>	

B. When trying not to act out	
C. 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?	
<p>How often do I need to do such actions?</p> <p>What actions would help me if I did them daily? weekly?</p>	

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