

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

2.K Competing Beliefs

One of the problems we face when looking to come to believe are the competing beliefs we already have. These beliefs get in the way of coming to believe in a power greater than ourselves. Some of these beliefs are:

- People who ask for help are weak
- I am weak
- My sexual behavior is normal
- Sex is my important need
- If you knew who I really was, you wouldn't love me
- I'm not worthy of anyone's consideration
- I am a monster beyond anyone's help
- Everyone is too busy to listen to me or care for me
- I have to do everything right. If I don't, then God will be angry at me and withdraw his love. What's the point to trying as I'm bound to screw something up. I'm a screw-up. God is a hard taskmaster
- Even though I need you, you are going to leave me.
- I'm afraid of what would happen to me financially.
- If I express a need, you will get angry at me.
- If I lose my job, then I am no-one
- I have to lie to make things fine.
- God is cruel and will punish me harshly whenever he is angry. The trials I have are His punishment.
- I can't count on anyone else; I must take care of myself.
- Nobody cares about me or my pain
- If I stop fantasizing while having sex with my wife, I will fail at sex and she will leave me.
- If my therapist knew what I used to look at, he would have to report me and I would lose my job.
- Inherently, I'm a "bad" person and I have to have a mask so that people will like me.
- If I am real religious, people won't see how little I trust God to take care of me.
- Even though I want love and compassion, the only way to meet those needs is through sex.
- I've tried recovery before and it failed. It won't work for me.

What beliefs do you have that you are coming to realize get in the way of recovery?

Are there any actions you can take to acknowledge the power of those beliefs in your life?

<p>What would it be like to challenge those beliefs in your life?</p> <p>What actions and choices would be needed to challenge those beliefs?</p>	
<p>Some people turn those beliefs around by creating an affirmation of recovery directly addressing that belief.</p> <p>What would be some of those affirmations for your life?</p>	
<p>How can the group help you realize when you are acting according to those beliefs and help you take other actions?</p>	
<p>How have you rejected or not heard honest feedback from the group regarding how you were living on one of these beliefs?</p> <p>How has “keep coming back” helped you become aware of these beliefs?</p>	