STEP 2 WORKSHEET: “Came to believe that a Power greater than ourselves could restore us to sanity”

How has your thinking patterns in addiction blocked you from asking for help in the past? Example, Offender, not believing you need anyone to help you; Victim, not believing there is a way out; or isolating/binger, keeping your problems hidden. (There may be a combination of one or more.)

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_____________________________________________________________________________________
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Are you prepared now to move ahead without reservations into your new life in recovery/sobriety?

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_____________________________________________________________________________________
_____________________________________________________________________________________

A definition of humility is being aware of our strengths and limitations that render us equal to others.

Humility: How are you showing humility in your life with others? List three specific things that you feel vulnerable in talking about.

1.___________________________________________________________________________________
2.___________________________________________________________________________________
3.___________________________________________________________________________________

Humility: List three things that are strengths that you see about yourself.

1.___________________________________________________________________________________
2.___________________________________________________________________________________
3.___________________________________________________________________________________
Teachable: How are you demonstrating reaching out for help in your life today?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
What are the results of taking that risk?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
What was the organized religion that your family of origin practiced?
_____________________________________________________________________________________
If not brought up attending church, what belief system were you brought up with?
_____________________________________________________________________________________
_____________________________________________________________________________________
List the positive and negative aspects, as you see it, of your family’s religion/belief system.
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
As an adult, have you made a break with your family’s religion or have you stayed with it? Explain why you have taken your particular course of action?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
Talk to three people and listen to their concept of a loving God or Higher Power and how that works for them. List their responses.

1.___________________________________________________________________________________
   ____________________________________________________________________________________

2.___________________________________________________________________________________
   ____________________________________________________________________________________

3.___________________________________________________________________________________
   ____________________________________________________________________________________

List three things that you are doing to uplift your spirits - a feeling joy, peace, or awe. (art, music, literature, places)

1.___________________________________________________________________________________
   ____________________________________________________________________________________

2.___________________________________________________________________________________
   ____________________________________________________________________________________

3.___________________________________________________________________________________
   ____________________________________________________________________________________

List 3 characteristics of a Higher Power that would work for you now in your life.

1. ___________________________________________________________________________________
   ___________________________________________________________________________________

2. ___________________________________________________________________________________
   ___________________________________________________________________________________

3. ___________________________________________________________________________________
   ___________________________________________________________________________________