



There Is Help

STEP #2

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

1. Are you willing to believe that your addiction can be arrested only if you seek help from a power other than your own will and determination?
2. How effective have will and determination been for you in dealing with your addiction? How does this relate to the First Step?
3. How have you, in the words of Alcoholics Anonymous, tried to "play God"?
4. In what ways is a group of recovering addicts more powerful than one addict alone?
5. Have you ever thought that you were somehow born defective? If you have had this thought, explain it in more detail here:
6. In what ways have you already been restored to sanity?
7. What is your definition of spirituality?
8. Does your definition of spirituality help or hinder your recovery? In what ways?