

## Step 2 Worksheet with Questions

Step two in the Big Book of AA and other 12-step programs is to develop the conviction that there is a power greater than ourselves that can help us regain our sanity. The first step is to admit that we have no control over our addictions and that a new course of action is required. Completing step two can dramatically improve our quality of life as we relinquish responsibility to a higher power and begin living a more structured and sober life.

Finding a higher power is critical to regaining control and sanity in our lives, but it can be intimidating for those who do not identify with organized religion or a traditional belief in God. Finding a force for good in whom we feel at ease and in whose judgment and wisdom we have faith is critical to working through this stage. This could be a traditional deity, a spiritual being, a human, or even a natural phenomenon.

Atheists and agnostics might have a harder time going through this process, but they might still detect signs of a higher force in the things that give their lives purpose. Building a strong, healthy relationship with them is essential if we are to fulfill the higher power's purpose for us and stay on the correct path. It's crucial to keep in mind that our beliefs must serve us and keep us moving in a more positive and healthy direction. The most important thing is to find a higher power that we can relate to.

**Focus of step 2:** This step focuses on the restoration of hope. Though we previously acknowledged that we cannot manage our own lives, that does not mean that control cannot be regained. It means that we must trust that a greater power can lead us to recovery. To do so, we will ask questions probing into our spirituality and our willingness to let go and stop trying to control our own lives.

### Step 2 Questions

Do you believe that there is an order to the universe or are events random?

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What was the attitude towards spirituality in your childhood home?

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How do you feel about the spiritual tradition you grew up in? Did it contribute to your addiction or provide you any aid or comfort?

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Do you ever attend religious services or rites of any kind? Why or why not?

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What role does spirituality currently play in your life?

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Do you wish spirituality played a larger role in your life? If so, why doesn't it?

Do you ever feel anger at a Higher Power? Why do you feel it? Is it justified?

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Have you ever prayed to a Higher Power in moments of distress? Why? How did it make you feel?

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Have you ever made a deal or bargain with a Higher Power? Did you keep to it? Why?

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Does your Higher Power have characteristics? If so, what are they?

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Did you ever feel like someone in your family had authority over you and abused it? How does that make you feel about the concept of a Higher Power?

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**How step 2 helps us recover:** These questions will help you focus on your current vision of a Higher Power. They should also help you gain an idea of why you view a Higher Power as you do. You may also be thinking of what role your Higher Power will play in your future and how it will be different.

Read more about [step 2 & a power greater than ourselves](#).