

## STEP 2

How to take it: (Suggestions)

- a) Take this step with a member of the group.
- b) Read each question **out loud**, mark yes or no to each one; and
- c) If you are convinced of each question, you will be feeling comfortable with Step 2, and should move to the next step.

What should I do if I'm not convinced?

- a) Let a member of the group know of your problem. Review the step with him/her. Pin point the part of the step you are having problems with. **BE HONEST!**
- b) Go back to the previous Step, perhaps the problem is there. *"Am I sincerely convinced of Step 1?"*
- c) Read and re-read the chapter which carries the main thrust on Step 2, Chapter 4, "We Agnostics," pages 44-57. *Read it 100 times if necessary.*
- d) Go to as many meetings as possible hearing and listening for the words that will help convince you.

What I am convinced of when I say:

### **"CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY."**

1. I am convinced that I have to find a power, other than human power, to replace the power of alcoholism. YES \_\_\_NO \_\_\_
2. I am convinced that my own code of morals or philosophy of living is insufficient. I cannot stay comfortable on a continuing basis, my way (because of alcoholism). YES \_\_\_NO \_\_\_
3. I am convinced that my human intelligence is not enough to keep me continually comfortable on my own (because of alcoholism). YES \_\_\_NO \_\_\_
4. I am convinced that my idea of self-sufficiency did not work. Self-sufficiency means staying comfortable without help. YES \_\_\_NO \_\_\_
5. I am convinced I never gave the spiritual life a fair hearing on a constant and continuing basis. Spiritual means believing in some power other than human power. YES \_\_\_NO \_\_\_
6. I am convinced that lack of power was my dilemma. My own will power, so far as alcoholism is concerned, is nil. I cannot stop using addictions and feel comfortable on will power alone (because of alcoholism). YES \_\_\_NO \_\_\_

7. I am convinced that believing in a "*Power greater than ourselves*" is a strength, not a weakness. YES \_\_\_NO \_\_\_
8. I am convinced that constantly believing in a "*Power greater than ourselves*" will give me purpose and direction in life, without addictions. Constant means each and every day and sometimes many times during the day. YES \_\_\_NO \_\_\_
9. I am convinced that in the final analysis only I can tap the Power that's available to us all. I believe that deep down in me is the fundamental idea of God. I have to find the Great Reality deep down within myself. YES \_\_\_NO \_\_\_
10. I am convinced that a constant belief in a "*Power greater than ourselves*" will eventually take away or remove my obsession to use addictions. Obsession means the thought or idea that somehow, someday I will control and return safely to my addictions. YES \_\_\_NO \_\_\_
11. I am convinced that, when the obsession that I can go back to my addiction has been taken away or removed, I have been restored to sanity. It's the thought and ideas before using that is the insanity of my thinking. YES \_\_\_NO \_\_\_
12. I am convinced that probably no human power could have relieved my alcoholism (Page 60). YES \_\_\_NO \_\_\_
13. I am convinced that God could and would if He were sought. I have to make the effort (Page 60). YES \_\_\_NO \_\_\_
14. I am convinced when thousands of AA's throughout the world say that the presence of this Power is today the most important fact of their lives, I believe. YES \_\_\_NO \_\_\_
15. I am convinced that I have to ask for help everyday and sometimes many times during the day if I am to re-create my life. YES \_\_\_NO \_\_\_

NOTES: