

## Step Two Questions

### 1) Came to Believe:

- Looking at my character defects and past experiences with religion and God, what are the "demons of the past" that I have had to overcome, or are still working to overcome, in order to define a Higher Power that has meaning to me?
- What experiences have I had or actions have I taken that have helped me to come to believe that there is a Higher Power?
- If I have not yet come to this belief, what actions might I take in order to explore a willingness to believe?

### 2) Power Greater than Ourselves:

- Is surrender a willing relief or defiant resentment to me? Why?
- Do I maintain an ongoing willingness to surrender? What actions do I use?
- What am I unwilling to turn over to a higher power? Why?
- Discuss how it is that humility, honesty, open-mindedness, and willingness have helped me (or can help me) to find a faith that works under all conditions.

### 3) Sanity:

- What is sanity to me? Why?
- If my life demonstrated sanity, what would that look like to me?
- What skills have I lacked in order to act on life in a healthy way?
- What specific actions can I take to acquire those skills?
- What is a reasonable plan of self-care for me to help me continue to believe that recovery can, and will, work for me?
- What has been done for others in recovery that I would like to happen for myself? Do I believe this is possible?
- Make a list of the areas in my life where I would like to be restored. My goals will be more effective if they center around restoring my own life rather than someone else's.

<p style="text-align: center;">STEP ONE - UNMANAGEABILITY <i>What does my life look like now?</i></p>	<p style="text-align: center;">STEP TWO - A SOBER VISION OF SANITY <i>How would I like it to be, or what does sanity look like in these areas?</i></p>
1. I am restless, irritable (which means "easily annoyed") and discontented. (which means "never satisfied").	
2. I'm having trouble in personal relationships.	
3. I can't control my emotional nature.	
4. I'm prey to misery and depression.	
5. I can't make a living (which includes a career, finances, AND making a successful life).	
6. I have a feeling of uselessness.	
7. I am full of fear.	
8. I am unhappy.	
9. I can't seem to be of real help to other people.	
10. I am like the actor trying to run the whole show. I arrange the scenery & all the players because I know what's best for everyone.	
11. I'm driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity; so I step on the toes of my fellows & they retaliate.	
12. I'm an extreme example of self-will run riot, though I usually don't think so.	
13. I lead a double life by presenting a stage character so I can enjoy a certain reputation, but I know in my heart I don't deserve it.	
14. I'm like a tornado roaring my way through others' lives. Hearts are broken. Sweet relationships are dead. Affections are uprooted.	
15. My selfish and inconsiderate habits have kept my home in turmoil.	