

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

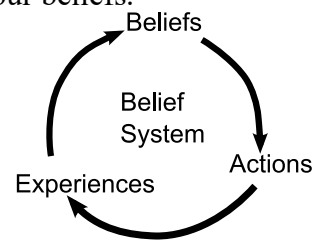
We arrive at Step Two out of desperation. What we have done before isn't working. Wishful thinking got us nowhere. We need hope. In Step Two, we find hope.

We come looking for freedom from sexual addiction. Step Two offers and asks for more. It asks us to be open to new ways of dealing with life's problems. That open mindedness finds new hope and the willingness to take different actions gives new life.

All find hope in Step Two. Both the Atheist and the believer find it transcends their fears and expectations. While Step Two appears to use religious language, working Step Two is far more than accepting a religious truth statement or performing some ritual. It transcends all prior religious experiences offering healing to those with hurts from religion, a deeper relationship for the believer, and an affirmation of non-religious principles for the Atheist.

We start Step Two as we comprehend our powerlessness and accept that no knowledge or technique will cure this addiction. Step Two offers hope when we see none. We need something outside of our prior experiences and comprehension. Somehow, others have achieved months and years of freedom.

We continue by facing the belief that had guided our actions. Our experiences taught us our addiction would take care of situations and stresses. We acted on that belief seeking out new experiences which left us with more shame and stress. This wove together a belief system trapping us in our addiction. Beliefs fed actions which gave us experiences that fed back into our beliefs.



In Step Two, we step out of that pattern by taking different actions. We hear actions that worked for others. In hope, we try them ourselves and find they work. In these new experiences, we start a new belief.

We may have come with the belief that no power would help us or would be cruel and capricious. As we bring our powerlessness to SAA, we experience a loving power expressed through others. In the moment of our struggle with our addiction, nearly any other person in our meetings has more power over our addiction than we have. We tap into that power by reaching out to them.

Some of our histories of abuse and neglect left us believing we have to do it all ourselves. We take tiny steps and break cracks in our isolation and get the help to say no to the addiction. We find caring and support even in

the middle of our worst. Reaching out when we are at our limit and know we are about to destroy ourselves, we gain new power. We heal from the past wounds.

We may find competing beliefs within us keeping us from acting on hope. As we continue to seek out what works and discard what doesn't, we find a new relationship with a power based on honesty and action and we gain the freedom to live.

Step Two offers the start of a new spirituality, one built on honesty, open mindedness, and willingness. As we share what we want to hide, we loosen the bonds of shame and regain our integrity.

Even when we think it won't work, we act on the promises. We "fake it till we make it" and wonder when it does work. We start to believe.

Our hope grows as we experience periods of abstinence. We experience a clearing of the mind. The constant obsession may lift for a while. We start recognizing the insanity we lived in and start accepting that we were not sane.

Step Two offers real hope: People show us that it is possible to live without acting on the addiction. By connecting to a power outside of ourselves, we have the hope of not acting out again. We believe we can be restored to sanity.

## The Twelve Steps

One: We admitted we were powerless over our addictive sexual behavior - that our lives have become unmanageable.

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

Three: Made a decision to turn our will and our lives over to the care of God as we understood God.

Four: Made a searching and fearless moral inventory of ourselves.

Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Six: Were entirely ready for God to remove all these defects of character.

Seven: Humbly asked God to remove our shortcomings.

Eight: Made a list of all the persons we have harmed, and became willing to make amends to them all.

Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

Eleven: Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

Please send feedback to  
Plano SAA  
P.O. Box 866332  
Plano, TX 75086

## *Coming to Believe*

*Working Step Two in SAA*



Plano SAA

Copyright © 2014 Plano SAA

The content of this pamphlet has not been approved by and may not reflect the opinions or policies of the ISO of SAA, Inc.