

Step 2 Came to believe that a power greater than ourselves could restore us to sanity
2C Came to believe - Non religious Spirituality

SAA is a “Spiritual” program, not a religious program. Let us explore what the means.

Let us start with our ideas about religion. Religious people can be spiritual or not.
What concepts do I think of when I hear the word “religion”? What rules and rituals come to mind? What experience do I have with religion?

SAA has a number of principles that are called “spiritual principles”. The first one is honesty. We start by admitting that we do not have control over our addiction. The second is connection with ourselves and others (often called “Openness”). How do the spiritual principles of Anonymity and Confidentiality help make this a safe place in which to be honest? How have I experienced greater connection with others when I am honest with them?

How can the SAA program help me get more connected with myself and other people on a deeper level?

How am I gaining more integrity and connection with myself and with others by working this program? What further growth can I see is possible for me?

The spiritual principles of Step Three are commitment to the program, willingness to do the work of recovery, and surrender.
Where am I on being ready to make the commitment to the program?

One key idea which occurs in many spiritual traditions is the idea of the correct timing. Often, the right action at the wrong time is harmful. Yet, a small action at the right time can be very significant. What examples of the right timing have I had in my life? (As we continue in recovery, often more happen and we become more aware of the possibility of such happening.)