

Step 2 - Came to believe that a power greater than ourselves could restore me to sanity 2H - Living the steps

Each of the Twelve Steps results in an attitude shift. We “live the step” as we make that shift. In Step One, we accepted that we are powerless over our addiction by ourselves and admitted that our lives were unmanageable. Yet, many people attempt to work Step Two by themselves.

Many people act as if just coming to meetings, sometimes sitting in silence, sometimes sharing, is “working the Steps”. A common question is “what is the best tool or technique to stop the action?” People ask about Internet blockers. All of these can be signs that we are trying to work the program ourselves. What is my experience with trying to work the program myself?

Some people attempt to work the Twelve Steps in ways similar to our prior religious behaviors. Often, many think that Step Two means simply accepting that a supernatural being exists. For many people, their religious experience includes silent prayer and not learning how to hear a higher power’s direction. How can doing the same types of actions simply be a continuing of the problems that brought me to recovery? What is my experience with thinking Step Two is about believing in a supernatural being?

If Step Two can be worked by considering the power greater than ourselves to be a natural power, what kinds of power out there can help me? How can I live a Step Two looking for a natural power? Can another person in the program have more power over my addiction than I do at a given moment?

When we live Step Two, it offers hope in our addiction. We live Step Two by taking different actions when facing our addiction. What new actions has this program told me to take when facing my addiction such as:

- a. when triggered
- b. when trying not to act out
- c. when having acted out

Step Two asks us to change our attitude when we realize we have been triggered. What attitude have I had when I have recognized that I have been triggered? (Despair, excitement at the conquest, suicidal, etc.)

In Step Two, we can learn that the addiction and being triggered are symptoms, not the real problem – something is out of balance in my life. What actions can I take to have other people help me discover what the real problems are and find new ways of handling the real problems?