

Step 2 Came to believe that a power greater than ourselves could restore us to sanity.

2K Competing Beliefs

One of the problems we face when looking to come to believe are the competing beliefs we already have. These beliefs get in the way of coming to believe in a power greater than ourselves.

Some of these beliefs are:

People who ask for help are weak. I am weak.	God is cruel and will punish me harshly whenever he is angry. The trials I have are his punishment.
My sexual behavior is normal.	I can't count on anyone else; I must take care of myself. Nobody cares about me or my pain.
Sex is my most important need	If I stop fantasizing while having sex with my wife, I will fail at sex and she will leave me.
If you knew who I really was, you wouldn't love me	If my wife knew what I did, she would leave me
I'm not worthy of anyone's consideration.	If my therapist knew what I used to look at, he would have to report me and I would lose my job.
I am a monster beyond anyone's help.	Inherently, I'm a "bad" person and I have to have a mask so that people will like me.
Everyone is too busy to listen to me or care for me.	If I am real religious, people won't see how little I trust God to take care of me.
I have to do everything right. If I don't, then God will be angry at me and withdraw his love. What's the point to trying as I'm bound to screw something up. I'm a screw-up. God is a hard taskmaster.	Even though I want love and compassion, the only way to meet those needs is through sex.
Even though I need you, you are going to leave me.	I've tried recovery before and it failed. It won't work for me.
I'm afraid of what would happen to me financially.	
If I express a need, you will get angry at me	
If I lose my job, then I am no-one.	
I have to lie to make things fine.	

What beliefs do I have that I am coming to realize get in the way of recovery?

Are there any actions I can take to acknowledge the power of these beliefs in my life? What would be needed to challenge those beliefs in my life? What actions and choices would be needed to challenge those beliefs?

Some people turn those beliefs around by creating an affirmation of recovery directly addressing that belief. What would be some of those affirmations for my life?

What level of openness with the group would be needed to let other people know when I am acting according to these beliefs? How can the group help me realize when I am acting according to those beliefs and help me take other actions?

How have I rejected or not heard honest feedback from the group regarding how I was living on one of these beliefs? How has the phrase, "keep coming back" helped me become aware of these beliefs?