

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

2M Who is Working

For many people, they start this program thinking that they can work the program by themselves. Often, their efforts do not work. Some are able to hold out for months before succumbing to their addiction and acting out again. The spiritual principle is opening myself up to what others might see inside me.

How have I been working the program to this point? Am I participating in meetings or am I a “visitor” or “tourist”? What recovery actions outside of the meetings have I done?

Am I looking for techniques that I can do on my own? (ex. Porn blockers, rubber band, etc.)

How often am I reaching out to someone else in the program (call or text)? When I reach out, am I looking for someone to rescue me or do I feel that I need to have the answers before I call? Do I need to be doing things perfectly before calling? Do I need to do the calls “correctly”?

What happened the first time I deeply shared in a meeting? Did I feel the need to run? What shame did I feel about sharing my feelings? What is keeping me from sharing these secrets?

How did I feel when hearing someone else share their deepest shame or most hidden secret?

What role do I understand that my higher power has in how I work this program?

One of the suggestions of recovery is to do “90 meetings in 90 days”. Have I considered doing that? What are my reactions to such a suggestion?

We work the program and it works on us. How open am I to the program changing me?