

## Step 2

**We came to believe that a Power greater than ourselves could help us regain control**

Step 2 is about realizing that there is **HOPE**, no matter how miserable we are.

- God can help us, but we have got to do our part.
  - We have got to do the WORK.

Our thinking controls the course of our lives.

- ❖ The Creator has gifted us with the power of choice.
  - We LIVE by how we THINK.
  - We ARE what we THINK.
- ❖ Placing our THINKING in line with what we WANT (goals) will help us achieve those goals.

**There are 9 areas of UNMANAGABILITY in our lives – things we have no control over – areas of our lives that are BROKEN.**

1. Trouble with personal relationships
2. Inability to control your personal nature (personality).
3. You will experience times of misery and hardship.
4. You will at times experience depression.
5. You will at times not be able to make a living.
6. At times you will feel useless.
7. Sometimes you will be afraid.
8. Sometime you will feel unhappy.
9. It is hard to be of real help to other people.

What is an example of a GOAL in your life – and what would your thinking look like?

Elders say:

“We move towards and become like that which we think about.  
Isn't it time to begin thinking about what we are thinking about?”

**Ticket:**

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer.  
Introduced the topic of Step 2:

“We came to believe that a Power greater than ourselves  
could help us regain control.”

Discussed with group how Step 2 is about realizing that there is hope – no matter how miserable or broken our lives have become. Our higher Power will listen to our pleas and helps us – but each one must do his/her part to achieve healing/sobriety. Discussed how our “thinking” patterns affect our behavior and that to achieve positive and healthy goals we must adjust our thinking in that direction. Changing our thinking means changing our focus in life. Good group discussion around these issues.

**Individual Note:**

Client able to share with peers how their thinking has led to both abuse and misery in their lives. Able to describe to peers how thinking has shifted now that sobriety is sought.

**Plan:**

- Continue study of the 12 Steps as a pathway to healthier living.
- Continue support of sobriety with peer interactions.