

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?

Group Sharing

How do you establish a relationship (connect) with a Higher Power?

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?"

Step 2, Group 2

**We came to believe that a Power greater than ourselves
Could restore us to sanity.**

Step 1 calls us to HONESTY.

Step 2 calls us to have HOPE.

When we become addicted we walk in darkness.

- **The "dark side" becomes dominant in our lives.**
 - **The characteristics of the dark side are:**
 - **Selfishness**
 - **Disrespect**
 - **Dishonesty**
 - **Hopelessness**
 - **Helplessness**
 - **Depression**
 - **Negativity**
 - **Criticalness**
 - **Gossip**
 - **Heartlessness**

What is a higher Power?

Who is your Higher Power now?

- | | |
|------------------------|-----------------------|
| - Your partner? | - Your family? |
| - Money? | - Jesus? |
| - TV? | - Natural Ice? |
| - Video Games? | - Jim Beam? |
| - Gambling? | - Wild Turkey? |
| - Wacky Weed? | - Creator? |
| - Sex? | - Work? |
| - Other: _____ | |

What would you do to get or acquire your higher power? Circle all that you think you can do:

- - Sleep in the rain
- Joy ride with friends
- Get sober
- Get a new pipe
- Go to AA
- Go to La La Land
- Take the 12 Steps seriously
- Hitch Hike to Casino
- Talk with your counselor
- Buy a TV
- Get a longer straw
- Pass out
- Study the 12 Steps
- Talk with a minister

In YOUR life, what does “insane behavior” or the “dark side” look like?

Step 2, Group 3

We came to believe that a Power greater than ourselves
Could restore us to sanity.

We've talked about the importance of HOPE. Let's mind-map this now.

HOPE

Step 2 Group 1 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.

Plan:

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

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.

Group 2 Ticket

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Continued study/processing/sharing of Step 2:

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

Group members were invited to reflect on their lives when actively abusing substances, and again now that they are engaged in the sobriety process. Talked about how one’s “Higher Power” has changed from the insanity of drugs/alcohol abuse to saner living. Talked about all of us being a “work in process” and that this will continue throughout our lives as we take very seriously Step 1 and 2. We cannot manage any positive change process without this. Good group sharing.

Plan:

- Continue reflection and study of Step 2 of the 12 Steps of AA.
- Continue promoting positive support and encouragement in the peer group setting.

willing to engage with peers. Becoming more comfortable with the process.

Group Activity and Discussion/Sharing

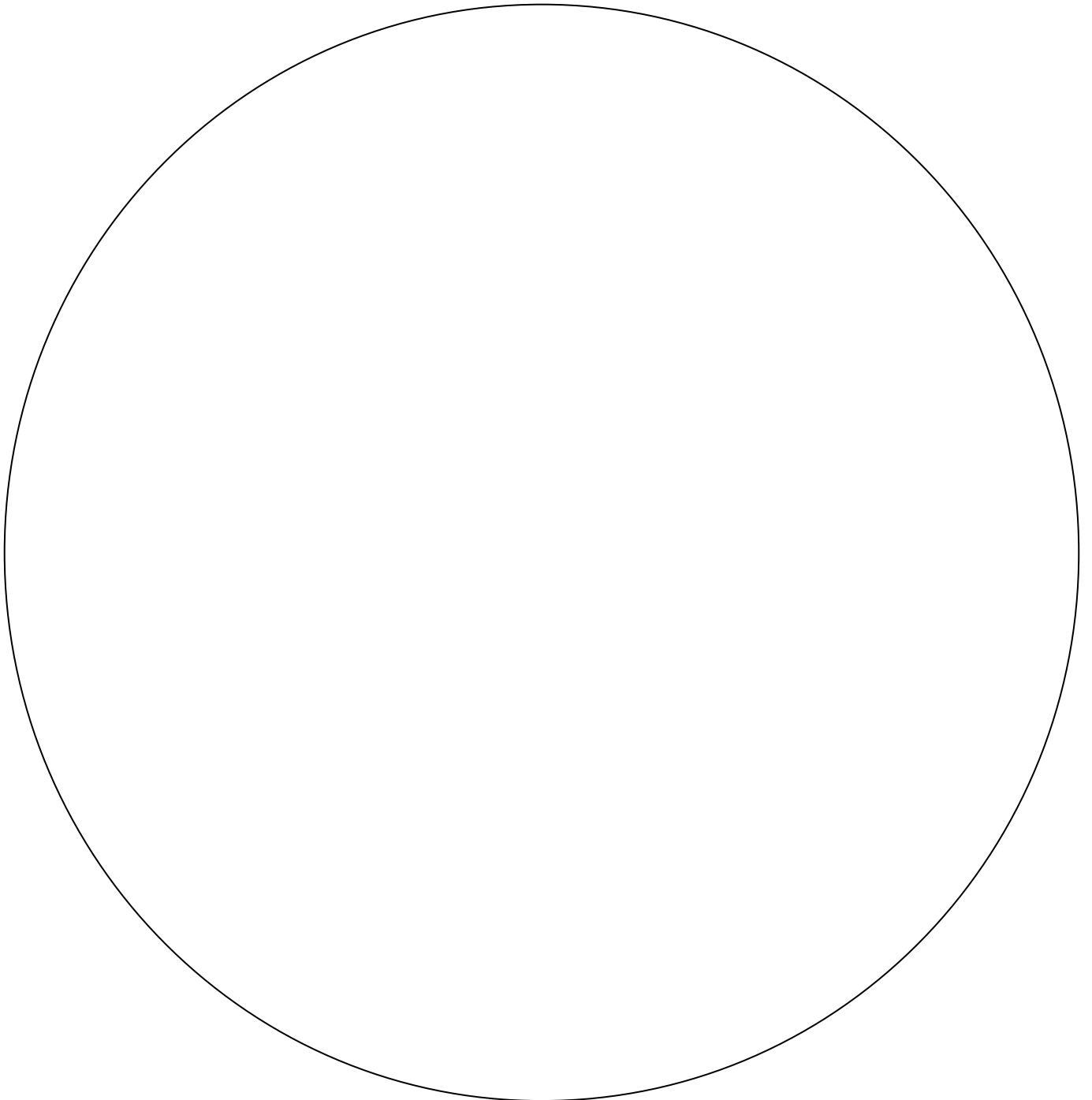
Think of These 9 areas of BROKENNESS in your live and consider how important it is to you.

Draw them in here has pieces of your pie. For example:

Relationship problems = $\frac{1}{4}$ of the pie

Depression = $\frac{1}{3}$ of the pie

Feeling useless = 1 piece of the pie



Step 2

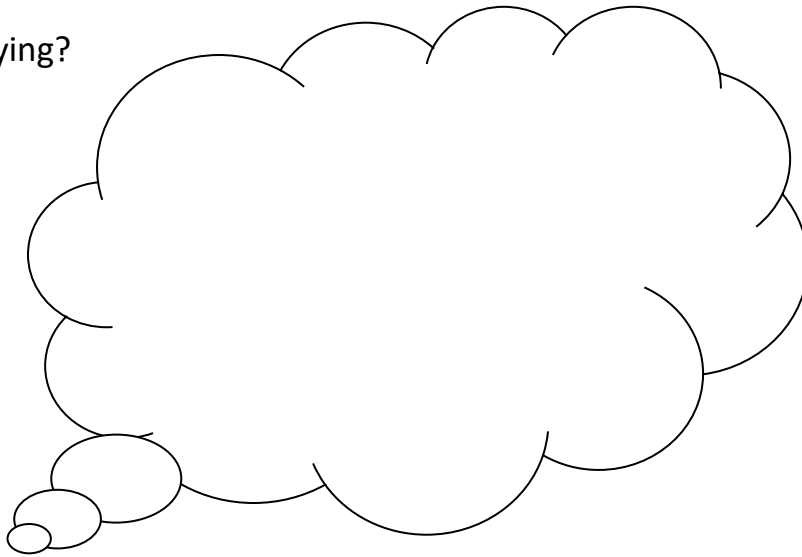
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Step 2 is about realizing that there is **HOPE**, no matter how miserable we are.

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

Draw a picture of yourself hanging off a cliff.

What are you saying?



Ticket Group 3, Step 2

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.

Ticket, Step 2 Group 2 or 3

Welcomed Sobriety Circle clients this morning and opened session with the Serenity Prayer. Reviewed what we have discussed/process thus far with Step 2 and the principle of “Hope.”

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

Then, the group engaged in a mind-mapping exercise to further consolidate their understanding of a higher power and regaining control. Group enjoyed this format and there was increased participation by group members.

Plan:

- Begin Step 3 study and reflection.

- Encourage active participation in the group process for maximum benefit.

willing to participate with peers and share personal understanding of the principle value of Hope.