

2nd STEP WORKSHEET

Came to believe that a Power greater than ourselves could restore us to sanity.

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

1. Do you agree or disagree with the following statements?

Statement	Yes / No
I am powerless over alcohol <i>(or whatever substance or behavior)</i> - my life has become unmanageable.	
Alcohol <i>(or whatever substance or behavior)</i> is a bigger problem than I can handle on my own.	
Alcohol <i>(or whatever substance or behavior)</i> has, to some extent, caused a decline in my mental health and sanity.	
I accept that I am unable to restore my mental health and sanity without the assistance of something or someone more than I have experienced before.	
I accept that a Power greater than myself is best able to assist in the restoration of my mental health and sanity.	

2. Why is a Higher Power needed to restore your sanity and take away alcohol *(or whatever substance or behavior)*?

3. How does the possibility that a Higher Power can restore your sanity make you feel?

Angry	Afraid	Joyous	Passionate
Loving	Ashamed	Guilty	Resentful
Overwhelmed	Threatened	Hurt	Pitiful
Sad	Hopeful	Compassionate	Wanting
Embarrassed	Humble	Regretful	Remorseful
Other?			

4. What reservations do you have about a Higher Power’s ability to restore your sanity and take away alcohol (*or whatever substance or behavior*)?

5. What attributes and characteristics must your Higher Power possess to restore your sanity and take away alcohol (*or whatever substance or behavior*)?

6. Do you agree or disagree with the following statements?

Statement	Yes / No
A Higher Power is larger than my own comprehension.	
A Higher Power may, or may not, be a religious icon.	
My understanding of my Higher Power is my own, and will be different from others.	
Belief in my Higher Power requires faith.	
Faith in my Higher Power gives me hope.	

7. Write a statement of understanding about your belief that a Power greater than yourself can restore your sanity and take away alcohol (*or whatever substance or behavior*):