

Step 2 Came to believe that a power greater than ourselves could restore us to sanity
2E Asking for help

When we look at others in our lives [including recovery groups], what characteristics do we recognize as demonstrating growth or recovery?

When I look around me, do I see anyone in recovery who have something I want? Do I think they could help me when I'm in a crisis?

Do I ask these other people for direction when I'm in difficulty?
What is keeping me from asking for help from these people?

When growing up, what happened to me when I asked for help? or talked about sex?

What are my family messages about people who ask for help?

What message am I getting in recovery about asking for help? If I've tried to ask for help in recovery, what was my experience?

Like many people, I have asked God for guidance with this addiction. In the middle of the craziness, I've prayed. What I have found is that I was making so much noise that I could not hear what the quiet, still voice was saying.

What techniques can I use to stop and listen to what the next right thing is?

How can I practice asking for help?