

Step 2 - Came to believe that a power greater than ourselves could restore me to sanity

2J - Relationship to power

Part of the struggle we have with reaching out to some power outside of our lives is that we may have had negative experiences with power already. We do not believe that a power outside of us really will help us. To deal with these beliefs, let's explore our prior interactions with power.

Person with power My relationship with that power	What did I learn about how Power will affect me?	If I had a choice, how would I like a higher power to be, what beliefs would I want to have about it?