

Step 2 Came to believe that a power greater than ourselves could restore us to sanity.

2K Competing Beliefs

One of the problems we face when looking to come to believe are the competing beliefs we already have. These beliefs get in the way of coming to believe in a power greater than ourselves.

Some of these beliefs are:

People who ask for help are weak	God is cruel and will punish me harshly whenever he is angry.
Sex is my most important need	I can't count on anyone else, I must take care of myself. God doesn't care about me or my pain.
If you knew who I really was, you wouldn't love me	If I stop fantasizing while having sex with my wife, I will fail at sex and she will leave me.
I'm not worthy of God's consideration.	If my wife knew what I did, she would leave me
God is too busy to listen to me. God is too busy to care for me.	If my therapist knew what I used to look at, he would have to report me and I would lose my job.
I have to do everything right. If I don't, then God will be angry at me and withdraw his love. What's the point to trying as I'm bound to screw something up. I'm a screw-up. God is a hard taskmaster.	Inherently, I'm a "bad" person and I have to have a mask so that people will like me.
Even though I need you, you are going to leave me.	If I am real religious, people won't see how little I trust God to take care of me.
I'm afraid of what would happen to me financially. I have to do it all myself.	Even though I want love and compassion, the only way to meet those needs is through sex.
If I express a need, you will get angry at me	
If I lose my job, then I am no-one.	

What beliefs do you have that you are coming to realize get in the way of recovery?

Are there any actions you can take to acknowledge the power of those beliefs in your life? Can you talk about it and own the belief to other people as well as to yourself?

How can the group help you realize when you are acting according to those beliefs and help you take other actions?