

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

2L Willingness to Be Willing

The spiritual principle of Step One is Honesty. We become honest with other people about both our addiction and its consequences. How have I become more honest by being in recovery?

The spiritual principle of Step Two is Openness. This starts by realizing that recovery doesn't work just by coming to meetings (especially if the group is so large that not everyone has a chance to share). What have I learned about reaching out to other people between meetings? How do I feel when I leave messages for others and they don't call me back?

Often, we want to hide our most vulnerable times. We might share weeks later that we had fought the addiction and lost. We might not share in meetings that we are acting out. What have I been told about making daily efforts to share with another in recovery?

What shame and fears are keeping me from making those daily shares?

What shame and fears are keeping me from reaching out at the depth of my powerlessness with the addiction – right when I am about to act out?

What is my experience with how my feelings actually change when I reach out to be honest with someone – even if I don't actually reach anyone?

When we share our lives and struggle honestly with another, often we hear suggestions about changing our lives. We want this recovery to be something we do for a short time and then, be able to go back to the ways we were living beforehand. What suggestions have I heard or followed and wanted them to be only for a short duration? How much do I want to go back to how I was living before coming to recovery?

We are ready to go to Step Three when we are willing to make deeper, permanent changes to our lives. What hurts, angers, shame, and fears are standing in my way of actually changing my life?