

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

There are two parts to the issue of “asking for help”: who to ask for help from, and our ability to ask for help. Often, we want to ask only those whose lives are as messed up as ours is. Or we want to ask help from spouse, family, church, and groups that we were part of in our addiction.

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? Who was I taught to ask for help from? How much was I taught to ignore my needs and problems?

How have I continued those patterns and how have those patterns contributed to my addiction?

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?

When I am struggling with my addiction, what kind of suggestions do I get from people in recovery compared to the suggestions I get from spouse, family, church, and other groups?

What is keeping me from asking for help from people in recovery who have sobriety?

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?