

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

One way to look at this step is that it is the natural outcome of accepting the prior step but having hope. Step 1 states that we admitted that we were powerless over our compulsive sexual behavior, that our lives had become unmanageable. How am I incorporating that attitude into my life?

List what happened with the last time you had an interaction with your addiction  
What was the trigger to act out?

What actions did you take to not act out?

How did you feel afterwards?

The program offers hope in our addiction. What actions does the program teach me to take in these situations?

a. when triggered

b. when trying not to act out

c. when having acted out

Step 2 asks us to change our attitude when we realize we have been triggered. Prior to recovery, we had no hope of controlling our addiction. What attitude have I had when I have recognized that I have been triggered? (Despair, excitement at the conquest, suicidal, etc.)

How can I be powerless and yet have hope over this addiction?

What actions can I take to connect me with the hope of the program?

How often do I need to do such actions? What actions would help me if I did them daily? weekly?