

Step Two
Came to believe that a Power greater
than ourselves could restore us to sanity.

Summary

- The Steps use the word “God” to indicate this Power. Nevertheless, the program is not aligned with any religion, nor do we adhere to any particular beliefs concerning the word “God,” leaving this matter up to the understanding of each member.
- We don’t need to believe in any particular concept of a Higher Power in order to begin.
- To work this step we only need to be open-minded enough to try something new. For most of us, *coming to believe* is a gradual process.
- Whether we are atheists, agnostics, or those with strong religious convictions, we may find ourselves having reservations about the spirituality needed to work Step Two.
- If we find it difficult to believe, we can act “as if” we believe. The willingness to act “as if” helps us to make a commitment to recovery, despite any doubts we may have.
- Our concepts of a Higher Power may change and evolve over time.
- The key to Step Two is not just believing in a Higher Power, but believing that this Power can and will restore us to sanity.
- For some of us, almost everything seemed more powerful than we were, but in a negative way—oppressing us, and preventing us from being happy or free. In contrast to this negative belief, working the Second Step allows us to accept the possibility of a Power that can free us from the bondage of our disease and restore us to a life of sanity and fulfillment.
- For many of us, this starts with simply coming to meetings...The example of those who are living in recovery, free of their sexually addictive behaviors, shows us the power of the program.
- All we needed to do was concede that if it was possible for others, it was possible for us too.
- When we have come to believe that we can be restored to sanity, we have stepped out of the problem and become aware of the solution.

Principles

- Open-mindedness
- Willingness
- Faith

Promises

- What works for others may not be an exact fit for us. But if we are patient and open-minded, we will discover an understanding of a Higher Power that is unique to us, and that we are comfortable with.
- In time, most of us also come to believe in a spiritual Power that transcends our human willpower and thinking, and that this Power can return us to a condition of serenity and sanity.
- As we grow in recovery, our spiritual awareness grows.
- Without needing to completely understand our Higher Power, we can accept and use this Power in order to find freedom from our addiction.
- Our belief that recovery is possible gives us the strength to take action.
- We are ready for Step Three.