

Step Two

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Step Two - We came to believe that a Power greater than ourselves could restore us to sanity.

Many addicts have a hard time with the idea of a Higher Power until the full measure of our powerlessness is accepted. We become willing to consider seeking help from a Power greater than our disease. Our understanding of a Higher Power is up to us. We can call it the group, the program, or we can call it God. The only suggestion is that it be loving, caring, and greater than ourselves.

Addicts experience unconditional love by receiving help from other addicts. For most, this may be their first experience. The group's collective experience is itself a Power greater than our own. We begin learning what works and what doesn't through others shared experiences. Attending meetings day after day is an example of the presence of a Higher Power; an attractive, caring force that helps addicts stay clean. By keeping an open mind, we identify other sources of that Power and find a way to incorporate it into our daily lives.

Our understanding and relationship deepens with our Higher Power as we go further into our personal recovery. We continue the journey by moving on to Step Three.