

STEP TWO – THE ANSWER – OPEN-MINDEDNESS

Worksheet for Step Two

**"Came To Believe That A Power Greater Than Ourselves
Could Restore Us To Sanity."** ¹³

READ IN PREPARATION:

In the "Big Book" of *Alcoholics Anonymous* Pages 44-57

And, in the *Twelve Steps and Twelve Traditions* – Step Two
Pages 25-34

SUGGESTED WORK

"A Power greater than ourselves"

Please **write a paragraph** rather than a sentence for this question. Complete all of the following items giving **specific examples** for each, giving dates, times and people involved. In each suggested assignments try to come up with different examples than in past writing.

- 1) What does this phrase **"a Power greater than ourselves"** mean to you?
- 2) Give an example of a "Power" working in your life or others that you have seen. (E.g. coincidences, through other people, AA, etc.)
- 3) How does the possibility of finding the presence of a "Power greater than yourself" working in your life give you hope? The possibility of trust and lack of fear?

...could restore us to "sanity".

- 4) Where and when could behaviour (drunk or sober) in your past (or not so past) be classified as "insane"?
- 5) Write about "insane" behaviour (drunk or sober) that has affected your relationships, your education, your work or hopes for work, your freedom.
- 6) Regarding the above, why do you think we wrote in brackets "drunk or sober"?