

Step 2 Worksheet

Came to believe that a **power** greater than ourselves could **restore** us to **sanity**.

The A.A. talks of a Higher Power as the God of Our Understanding. There is no need for you and me to share the same perception of God. All that is necessary is that we have a perception of God that suits us.

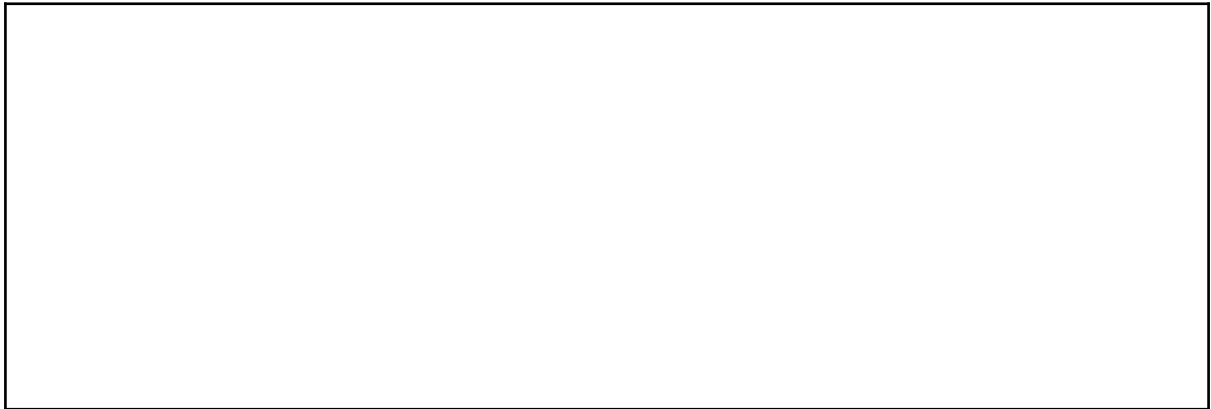
Do you believe God exists? What reasons do you have your answer?

What is your perception of God? If you do not believe in God, simply say how you perceive God would be if he/she/it were real.

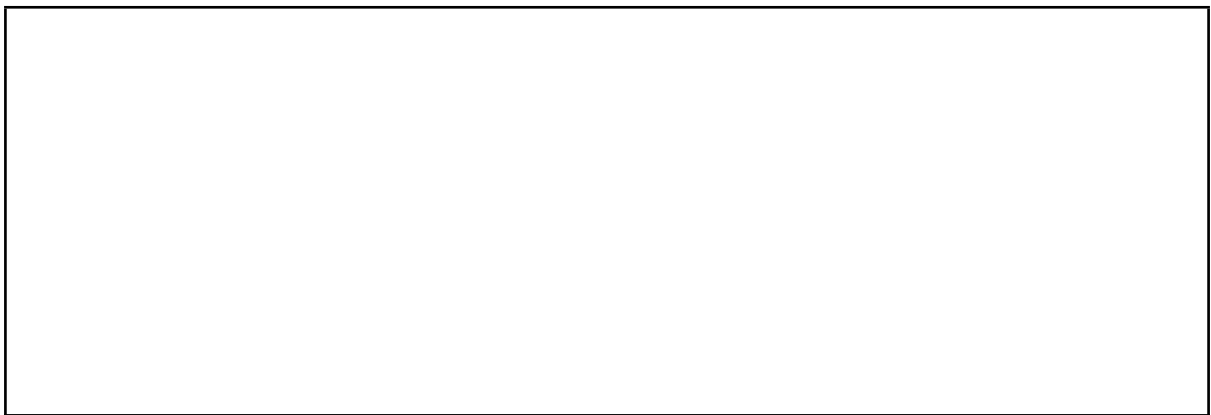
If you have a perception of God, but cannot believe in that perception, why is this?

If you believe in God, how do you feel about that God? Angry, bitter, neutral, hopeful.

Define how you see sanity

A large, empty rectangular box with a black border, intended for the user to write their definition of sanity.

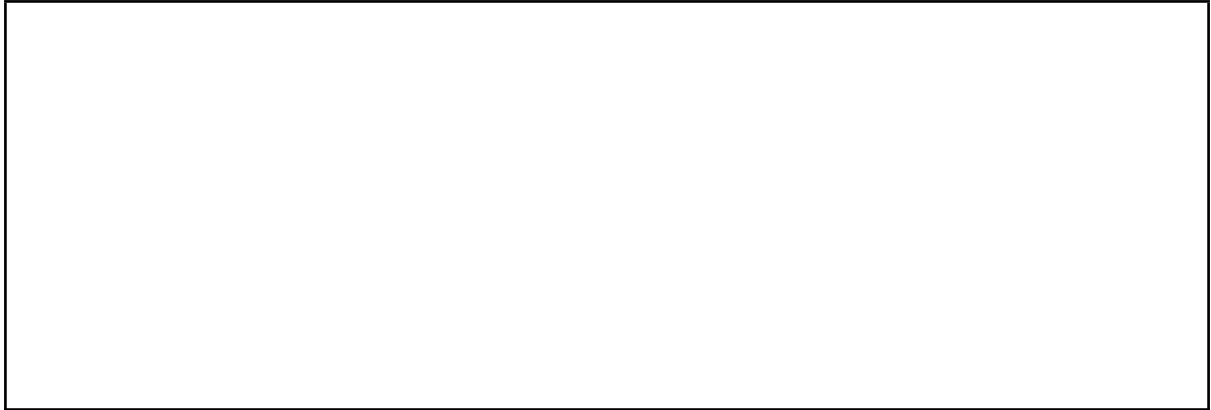
When was the last time you were in control of yourself? How does that feel?

A large, empty rectangular box with a black border, intended for the user to describe their last experience of being in control and how it felt.

What would it mean to you to be restored to sanity?

A large, empty rectangular box with a black border, intended for the user to describe what it would mean to be restored to sanity.

Why is it necessary to rely on this Higher Power to be restored to sanity?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.