

Step 2 Worksheet

Coming to Believe · A Reflection Guide for the Second Step

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

Step Two, the Big Book of Alcoholics Anonymous

This worksheet is a series of honest questions to reflect on at your own pace. There is no scoring and no right answer. Take your time, write down what comes up, and let your own reflections guide your understanding of a higher power.

1. Do you believe a Higher Power exists?

Yes, no, or unsure are all honest starting points. What reasons sit behind your answer, beyond what your family may have taught you?

2. What is your perception of a Higher Power?

If you do not believe in one, describe how you imagine it would be if it were real. Set rote book answers aside and write honestly, even if the picture is not pretty.

3. If you have a perception you cannot believe in, why is that?

Sometimes we hold an image of a Higher Power yet cannot trust it. What stands in the way of accepting the picture you carry?

4. If you do believe, how do you feel about that Higher Power?

Mark the response closest to yours, then note how strong that feeling is and whether it shifts from day to day.

☐ Angry

☐ Bitter

☐ Neutral

☐ Hopeful

5. How do you see sanity?

For many people, sanity means freedom from addictive behaviors and knowing what the important things are. Define it in your own words.

6. When were you last in control of yourself?

Think back, in as much detail as you can, to a time before the next drink ran your life. How did that feel, and is it something you want back?

7. What would it mean to be restored to sanity?

This shapes the better life you are reaching for. Picture your future in recovery. What do you most want from it?

8. Why rely on a Higher Power to be restored to sanity?

Many people reach this step after trying on their own and finding it was not enough. Why might a power greater than you make the difference?

Reflection: Can you come to believe that a power greater than yourself could restore you to sanity?

Look back over your answers and, more importantly, your reflections. No worksheet can decide this for you, but your own honesty can. Whatever you conclude, you do not have to face it alone.

If you are still unsure, that is okay. Borrow the faith of the group for now, keep an open mind, and let your own understanding of a higher power find you.

Note: This worksheet is for personal reflection and education only and is not medical advice. If you are struggling with alcohol or drugs, please reach out to a qualified professional or a local recovery group. Quote from the Big Book of Alcoholics Anonymous, published by Alcoholics Anonymous World Services.