

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

**Tradition 2.** For our group purpose there is but one ultimate authority – a loving God as He may express Himself to our group conscience. Our leaders are but trusted servants; they do not govern.

**Promise 2.** We will not regret the past nor wish to shut the door on it.

**Reward 2.** Faith instead of despair.

### **Readings:**

<b>White Book</b>	Step Two	pg. 89-92
	Overcoming Lust and Temptation	Pg. 157-168
<b>Step Into Action</b>	Step Two	Pg. 27-42
<b>AA Big Book</b>	Bill's Story	Pg. 8-16
	Chapter 4 We Agnostics	pg. 44-57
	Appendix II Spiritual Experience	pg. 567-568
<b>Twelve &amp; Twelve</b>	Step Two	Pg. 25-33

### **Second Step Prayer**

*Higher Power, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.*

As we worked Step One, we discovered that we were powerless over our lust, that our lives had become unmanageable. We documented our historical behaviors and listed the costs of our addiction. In examining the contributing factors to these conclusions, we have seen some examples that illustrate the insanity of our actions and thoughts. In Step Two we need to be willing to be convinced that only a Higher Power can restore us to sanity. We need to admit that we are not in control and therefore our own higher power as can be shown that we have been unable to solve our problems on our own.

Step 2 conclusions:

- ◆ Having come to the conviction that we have to stop practicing our compulsion in all its forms (WB pg. 64:4),
- ◆ Having come to the conclusion that we have to stop the destructive behavior of our acting out,
- ◆ Having come to the hope that we have hit the bottom below which we decide we don't want to go,
- ◆ Having come to the despair that life is unmanageable and therefore isn't going to behave according to the script that we had written for it,
- ◆ Having come to accept the truth that no matter how much we want to stop the behaviors that were killing us and our loved ones that we have no chance of doing this on our own,
- ◆ Having come to understand that everything begins with sobriety:
- ◆ Having come to accept that without sobriety there is no program of recovery:

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If we accept these conclusions, we are left with just 2 options,

1. Either we continue to work at managing our obsessions through white knuckling will power by trying to keep control of the wheel of our own life, for:

If a mere code of morals or a better philosophy of life were sufficient to overcome our addiction, many of us would have recovered long ago. But we found that such codes and philosophies did not save us, no matter how much we tried. We could wish to be moral; we could wish to be philosophically comforted, in fact, we could wish these things with all our might, but the needed power wasn't there. Our human resources, as marshaled by our will, were not sufficient and we failed utterly.

OR:

2. We come to believe that there is a power greater than ourselves that can restore us to sanity.

We now accept that as *sexaholics* that at certain times we have no effective mental defense against the first lust hit that wants to take us away deep into ourselves. Except in a few cases, neither we nor **any other human being** can provide such a defense. Our defense must come from a Higher Power. Lack of power, that was our dilemma. we had to find a power by which we could live, and it had to be a Power greater than ourselves.

If you choose the first option, you have not conceded the total defeat required of step one and have no business moving past step 2. If you still think you can control your own life and the consequences of your actions, continue coming back until you find a bottom more to your liking.

If you choose the latter, you were well on your way to working through Step and to continue moving through the remainder of the Steps.