

Sponsor/Sponsee Second Step Work Sheet

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

The insanity referred to in this step is not the insanity of using drugs. We were restored to the sanity of not using by surrendering to step 1. We now find ourselves clean and our lives are still unmanageable in many areas. Much of that unmanageability comes from doing the same thing over and over again expecting different results each time. Of course, the results are always the same, unmanageability and insanity in our lives. What is left to do, go on the best we can, or begin to change with the second step as our guide through ongoing recovery?

The next question we begin to ask is: What is this *power greater than ourselves*? Many of us immediately thought this meant our Higher Power, but we are not introduced to a Higher Power until the third step. In the third step, the *God of our understanding* is the ultimate power greater than ourselves from step 2. A power greater than ourselves is just that, greater than us. The best way to explain it is that a power greater than ourselves can change. It can be the N.A. program, a sponsor, another person, awareness of the insanity of doing the same thing over and over again expecting different results, or that which makes us aware of the insanity of a situation if we act out on a defect or negative will. All of these things are greater than us alone and can help restore us to sanity at any given moment.

Now that we have an understanding of the second step, let us take a look at some of the ways we can apply it in our lives.

1. The first way we applied this step when we came into the program was that N.A. becomes a power greater than ourselves. It helps us get through early problems without using and teaches us different ways of doing things.
2. Something someone may share with us can become a power greater than ourselves, if it makes us aware of something we are doing in the wrong way so we can change it.
3. Pain may at times become a power greater than ourselves. Sometimes it is the only thing that will make us do something in a different way to get different results.
4. A sponsor or some other recovering addict can become a power greater than ourselves by making us aware of the way we are behaving or thinking.

You can now see a power greater than ourselves can change from situation to situation. The important thing is to be aware of how to apply this principle in our lives, so that insanity and unmanageability do not take hold. The spiritual principle of this step, hope, can also be a power greater than ourselves.

Answer the following questions on a separate paper and go over them with your sponsor:

1. What does *We* mean as it applies to step 2?
2. Write out a definition of *came to* as it applies to step 2.
3. Write out your own definition of the word *believe*.
4. In the dictionary, look up and write out the definition of the word *believe*.
5. What is your definition of *a power greater than ourselves*?

6. List 3 powers greater than yourself in your active using.
7. List 3 powers greater than yourself in recovery.
8. What does the word *could* mean to you?
9. In the dictionary, look up and write out the definition of the word *could*.
10. In the dictionary, look up and write out the definition of the word *restore*.
11. Write about 3 times you were insane when using.
12. Write about 3 times you were insane in recovery.
13. Write out your definition of the word *sanity*.
14. In the dictionary, look up and write out the definition of the word *sanity*.
15. What are the benefits of *coming to believe in a power greater than yourself*?
16. What type of sanity is the Second step referring to?
17. How can you apply this step to your life?
18. What does this step mean to you?

Spiritual Principle: Hope