

STEP TWO

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

3 Some of us, upon joining this fellowship had little
4 difficulty with the first step. Although not comprehending
5 it fully, we knew we were addicts and out of control. But
6 the second step seemed insurmountable. Some of us had turned
7 our backs to our higher power while others of us thought our
8 higher power had turned its back to us. Others of us vigor-
9 ously denied that a power greater than ourselves ever existed.
10 In coming to grips with this step, we found we would have to
11 change some of our deepest and strongest beliefs. This at
12 first seemed an impossible task. Going back to the first
13 step and comprehending our powerlessness over our addiction
14 seemed to help. This allowed us to let down our defenses a
15 little and take a look at what this step is about.

16 Many of us have been acquainted at some time in our lives
17 with a Higher Power or Creator. But because of feelings of
18 guilt or fear associated with our actions, chose to ignore
19 or forget entirely any belief in this Power. Only when our
20 actions and feelings in recovery began to cause us more pain
21 than we could cope with on our own, were we willing to
22 recognize and ask for assistance from that part of
23 our lives we left behind.

24 Still others came to NA with a preconcieved idea of a
25 punishing or revengeful God that controlled our lives through
26 reward and punishment. One of the most difficult tasks was
27 to change that conception to one of a Power which was loving
28

and forgiving, one which only wanted the best life for us.
1 This became easier as we talked with others who had experienced
2 the many benefits from successful acceptance of the Second
3 Step and who had achieved a conscious contact with a Higher
4 Power with daily use.

5 We can't tell you in simple words how we came to believe.
6 For each of us it's been different. For some it was a magic
7 moment of realization, profound and even mystical. Most of
8 us built a foundation of belief in a higher power a little bit
9 at a time.

10 For many of us this belief was long in coming because of
11 our lost ability to have faith in anyone or anything other
12 than ourselves. Only through perserverence and hard work and
13 continued involvement with other clean addicts did we achieve
14 the willingness to believe in a Power greater than ourselves.

15 Being as honest, openminded, and willing as we can be
16 with ourselves is indispensable in working this or any of the
17 12 Steps. It takes honesty to admit that we are not the
18 greatest power there is and to admit that we need to be restored
19 to sanity. It takes openmindedness to consider what powers
20 are greater than ourselves which we can trust and have faith
21 in. It takes willingness to try to work this step. A willing-
22 ness to believe that there is some power that can restore us
23 to sanity is all that is asked Of us by this step.

24 COming to believe does not necessarily mean Our intentiOn
25 in cOming here was to develOp Or enrich Our sense Of belief in
26 anything. MOst Of us being extremely seIf-willEd had nO
27 prObIem argueing that what we knew to be true was exactly as
28 it was. FOr thOse Of us whO experienced Our Own pOwer as
ultimate in determining Our directiOn in lIfe, the acceptance

1 Of a power greater than ourselves became more of a challenge.
2 For us, "acting as if" and accepting that others had the right
3 to believe as they did somehow worked to create enough space
4 for each of us individually to gain the willingness and
5 humility to accept it. Eventually all of us realized, usually
6 at the cost of bitter pain, the need to move from our position
7 at the center of the universe and into a sense of joining
8 with others in the fellowship.
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