

# Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Step 2

Worksheets

"God is working in you, giving you the desire and the power to do what pleases him." Philippians 2:13

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Step 2: We came to believe that a Power greater than ourselves could restore us to sanity.

1. Do you believe that somewhere in the universe there just might be a power greater than you?

2. If you answered 'yes' to the first question then there is hope for you. Do you believe that there is hope?

3. Before we get to the 'being restored to sanity' part let's focus on the word sanity for a moment. In what ways do you consider yourself 'not quite right' or insane? In other words, what do you keep on doing over and over even though it keeps causing you huge problems, and each time you do this thing you tell yourself "this time it will be different"?

4. Now that you are thinking of your insanity do you believe that this power that is greater than you could possibly restore you to sanity if it wanted to?

Assuming you answered 'yes' to the previous question we will continue. If you did not answer 'yes' to the previous question you can stop now and talk to your sponsor immediately.

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5. What do you call this power that is greater than you?
  
6. Do you see that in this step we are continuing to talk about humility, as we did in step one?
  
7. Do you understand that we are going to focus on you recognizing that you need to be in tune with this Greater Power?
  
8. For the sake of conversation we will refer to this Power as God from here on out. Are you willing to consider that you just might need God to help you win the battle over your addictions and/or problems?
  
9. Do you have any objections to God doing for you what you cannot do for yourself?
  
10. Do you believe that this God loves you?
  
11. What have you been taught about God that you agree with? You may use another piece of paper to answer this if it is necessary.
  
  
  
  
  
  
  
  
  
  
12. What have you been taught about God that you don't agree with? Again, you may use another sheet of paper if you need it.

13. Are you willing to keep an open mind when it comes to God?

14. Are you willing to keep an open mind about continuing to work these 12 steps?

15. Are you prepared to be honest with yourself and with your sponsor?

16. Do you believe that you are making progress with your recovery as you work these steps?

17. If God was standing beside you right now and you could see Him what would you like to say to Him? Use more paper if you need it.

18. In your opinion, what would life be like for you if you were restored to sanity?

19. Do you think you have done a good job of running your life? Is it possible God could do better?