



Step Study Meeting

Step 2

Telemeeting Version

v1.0.0.10



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

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of The Path to Healing and Recovery Group

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moderator

Step 2 - Week 1

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

Volunteer reader

When we accept that our way doesn't work, Step Two opens the door to a new way that does. In the First Step, we admitted that our addiction was going to destroy us if we did not stop and that we could not stop on our own. We discovered that our addiction was a problem too big for us to solve by ourselves. Without some Power greater than ourselves to assist us, our situation is hopeless. In the Second Step we are presented with the possibility that this Power can restore us to a basic sanity and well-being.

moderator

Step Two offers hope that sanity is possible, and at the same time it implies that, in our addiction, we were insane. Our insanity manifested in many ways. We would often put our addiction first and everything else second. We may have placed ourselves in dangerous situations or taken terrible risks. And the more we denied our addiction and its consequences, the less we were in touch with reality. To be restored to sanity is to rediscover the spiritual nature we have always had but which was hidden by the insanity of our disease.

Volunteer reader

Belief in a Higher Power can be difficult for many of us in SAA who come to the program with a faith that was damaged in one way or another, or those of us who never had any spiritual beliefs at all. Some of us came from strict, judgmental religious backgrounds that reinforced our fear and shame. Some of us attempted to find refuge from our addiction in religion. Yet after making great commitments and efforts in our religious practice, we found little lasting relief from our disease. Others never took up a religion, or tried a few and found them unsatisfactory. Many of us didn't believe in God, or were uncertain as to what spiritual beliefs we were willing to accept, if any. Whether we are atheists, agnostics, or those with strong religious convictions, we may find ourselves having reservations about the spirituality needed to work Step Two.

moderator

We may be so used to self-reliance as the only way of functioning in the world, that we resist the notion of any Power greater than ourselves. We can start to open ourselves to this idea by considering the forces that are clearly more powerful than we are, such as nature, society, or even our addiction. When we recognize that our own power is limited, we can more readily acknowledge the possibility of a Higher Power.

Volunteer reader

For some of us, almost everything seemed more powerful than we were, but in a negative way—oppressing us, and preventing us from being happy or free. In contrast to this negative belief, working the Second Step allows us to accept the possibility of a Power that can free us from the bondage of our disease and restore us to a life of sanity and fulfillment.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Second Step Prayer

Heavenly Father,

I know in my heart that only you can restore me to sanity.

I humbly ask that you remove all twisted thought &

Addictive behavior from me this day.

Heal my spirit & restore in me a clear mind.

God helping me,

I WILL DO

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Step 2 - Week 2

Volunteer reader

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

To work this step, we only need to be open-minded enough to try something new. For most of us, coming to believe is a gradual process. We don't need to believe in any particular concept of a Higher Power in order to begin. We learn from others what works and doesn't work for them. We listen, and we try out new approaches. If we are teachable, we can discover the stirrings of hope within us and come to a belief in the possibility of recovery from our sexual addiction.

moderator

For many of us, this starts with simply coming to meetings. We experience the group as a Power greater than ourselves that cares. The example of those who are living in recovery, free of their sexually addictive behaviors, shows us the power of the program. We can rely on the love and support of our friends in the group. We develop a willingness to try some of the group's suggestions, even those outside of our usual comfort zone, when we observe the practical effects of these ideas in action. From this simple beginning, belief in a Higher Power can grow.

Volunteer reader

In time, most of us also come to believe in a spiritual Power that transcends our human willpower and thinking, and that this Power can return us to a condition of serenity and sanity. The Steps use the word "God" to indicate this Power. Nevertheless, the program is not aligned with any religion, nor do we adhere to any particular beliefs concerning the word "God," leaving this matter up to the understanding of each member. We are free to use a different word in our spiritual practice, if that's what works for us. What is important is that we rely on a spiritual reality, or Higher Power, rather than on words. In essence, our shared experience of this Power is one of loving and caring. We don't have to be religious to accept this idea, or to ask this loving Power to help us in our recovery.

moderator

One of the aspects of coming to believe in a Higher Power is finding out what spiritual concepts make sense to us. We need to be willing to set aside old ideas and prejudices, try new solutions to old problems, and listen to the spiritual experiences and ideas of others in the fellowship. What works for others may not be an exact fit for us. But if we are patient and open-minded, we will discover an understanding of a Higher Power that is unique to us, and that we are comfortable with. Ultimately, the specifics of our belief are not as important as faith. We can build our spirituality on the faith that our Higher Power can relieve us of our addiction.

Volunteer reader

Some of us have found it helpful to explore our past beliefs concerning God or religion, in order to gain clarity about old ideas and assumptions that may be blocking us now. Sharing these thoughts with our sponsor or others in recovery may help us to understand our past spiritual beliefs and to be open to new ones that are healthier for us.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Help me to walk in the light,
and live my life in faith and glory.

In the name of this, I pray

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Step 2 - Week 3

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

Volunteer reader

Our concepts of a Higher Power may change and evolve over time. As we grow in recovery, our spiritual awareness grows. And in time we discover that our faith grows not so much from a set of abstract beliefs, but from daily practical experiences of recovery and healing, as observed in others and in ourselves. We can cultivate this awareness by drawing near to those members who demonstrate significant recovery from those behaviors we've struggled with the most, and whose practical faith attracts us.

moderator

The key to Step Two is not just believing in a Higher Power, but believing that this Power can and will restore us to sanity. Many of us thought that recovery might work for others, but not for us. We thought that our problems were different, that our situation was unique. We had become so used to defeat and despair that we lost touch with hope. In early recovery, many of us had our first experience of hope through the group. In the words of other members, and in their eyes, we saw that recovery was possible. All we needed to do was concede that if it was possible for others, it was possible for us too.

Volunteer reader

If we find it difficult to believe, we can act "as if" we believe. The willingness to act "as if" helps us to make a commitment to recovery, despite any doubts we may have. By committing to recovery, we give ourselves time to let the program work in our lives, with our understanding growing gradually along with us. We find that "acting as if" is more than just wishful thinking. In the process, we discover that a willingness to accept new ways of behavior leads to a clearer understanding of who we are and how spiritual principles work.

moderator

When we have come to believe that we can be restored to sanity, we have stepped out of the problem and become aware of the solution. Without needing to completely understand our Higher Power, we can accept and use this Power in order to find freedom from our addiction. Our belief that recovery is possible gives us the strength to take action. We are ready for Step Three.

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Second Step Prayer

Know that wisdom is such to your soul;
if you find it,
there will be a future,
and your hope will not be cut off.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Step 2 - Week 4

Week 4 will always be the week we have a business meeting. Starting with January, the first two business meetings will be brief and held at the beginning. Every 3rd month - starting with March, there will be a longer full Business meeting and Group consciousness meeting.

The full Consciousness Meeting Agenda can be found on the last two pages of this booklet.

Brief Business Meeting Agenda

- * Finances
- * What is working well, what isn't work well for people.
- * Is the current format still working for people
- * Workshops
- * Study Groups

Volunteers

- * literature
- * meeting facilitator/key holder for the next month
- * greeter for new people
- * Room/signs setup/teardown

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Return back to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Step 2 - Week 4/5 Step Reading

moderator

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

What Is the Purpose of This Step?

This step gives you hope. You are not alone, and something higher than you can help you conquer your addiction and despair.

How Do You Complete This Step?

The second step is about keeping an open mind.

This is the beginning of the end, in a way. You will end your old life and begin your fresh one, committed to faith – faith in whatever you choose.

The second step is about keeping an open mind. As the prior step was about letting go of pride, this step is about letting go of preconceived notions about what SAA is and how it works, and making room for change.

Step 2 is the rallying point for us all. Whether agnostic, atheist, or former believer, we stand together on this Step.

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

What Are Some Myths About This Step?

Your higher power has to be God: This is a big misconception about Alcoholics Anonymous and Twelve Step Recovery Programs. Your higher power can be anything that you believe in: the universe, nature, Buddha, music, love, Allah, humanity or even AA itself. AA doesn't require you to believe in anything that you don't want to; each step is a suggestion along the road to a sober life.

If Step related discussion questions format selected start here

Step 2 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. What Does Higher Power Mean? Addictive and compulsive behaviours aside, behaviors aside, in what ways has my life been insane and unmanageable? In my home? In my relationships? In my work? In my relationship to God?
2. To what extent has my emotional, social and/or spiritual immaturity caused this insanity? What skills have I lacked in order to act on life in a healthy way?

3. What are some healthy things I am able to do today to act on life without turning to addictive substances or behaviour? How have my emotional, social, and spiritual skills matured since I started working this program?
4. Looking at your past experiences with religion and God, what are the "demons of the past" that you have had to overcome, or are still working to overcome, in order to define your Higher Power?
5. What experiences have you had or actions have you taken that have helped you to come to believe that there is a Higher Power working in your life. If you have not yet come to this belief, what actions might you take in order to believe?
6. Discuss how it is that Honesty, Open-mindedness, and Willingness have helped you (or can help you) to find a faith that works under all conditions.

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

First Step Prayer

Blessed is the person who remains steadfast under trial,
for when they have stood the test
they will receive the crown of life,
which has promised to those who love.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

