

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

2M Who is Working

For many people, when they start this program, they act as if they can work the program by themselves. Often, their efforts do not work. Some are able to hold out for months before succumbing to their addiction and acting out again. The spiritual principle of openness is both opening myself up to others and to be open to what others might see.

How have I been working the program to this point? Am I participating in meetings or am I simply observing other people sharing (as if I am a “visitor”)? What recovery actions outside of the meetings have I done?

Am I looking for techniques that I can do on my own? (ex. Porn blockers, rubber band, etc.)

What happened the first time I deeply shared in a meeting? Did I feel the need to run? What shame did I feel about sharing my feelings? What panic did I have? What is keeping me from sharing these secrets?

How did I feel when hearing someone else share their deepest shame or most hidden secret?

How often am I reaching out to someone else in the program (call or text)? When I reach out, am I looking for someone to rescue me? Do I not want to call because I’ll be bothering someone? Do I feel that I need to have the answers before I call? Do I need to be doing recovery perfectly before calling?

One suggestion is to call someone in the program every day. How do I feel about that idea?

One of the suggestions of recovery is to do “90 meetings in 90 days”. Have I considered doing that? What are my reactions to such a suggestion?

What role do I understand that my higher power has in how I work this program?

We work the program and it works on us. How open am I to the program changing me?