

Step 2 Workbook v2: Hope and Belief

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

This step opens the door to hope. You don't have to understand a Higher Power—you just need to stop believing the lie that you're all alone and beyond help. Willingness is the key. This is about possibility, not perfection.

Reflection Questions

1. What does 'sanity' mean to you—and where in your life has that been missing?
2. In what ways did your own thinking lead to the problems you faced?
3. How have you experienced moments of clarity or grace, even before getting sober?
4. What does it mean to be 'willing to believe' rather than certain?
5. How have fear, pride, or control gotten in the way of faith?
6. What has your resistance to the idea of a Higher Power looked like?
7. What kind of relationship would you want with a Power greater than yourself?
8. Where do you already see signs that something bigger is at work?
9. What would it look like to let go of your old ideas, just for today?
10. What's the difference between blind belief and spiritual openness?
11. How might your life begin to change if you stopped fighting the idea of help?
12. What are you afraid might happen if you really trusted something beyond yourself?

Quotes from AA Literature

Big Book (4th Edition)

"We had to find a power by which we could live, and it had to be a Power greater than ourselves." — Big Book, p. 45

"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" — Big Book, p. 47

"Lack of power, that was our dilemma." — Big Book, p. 45

Twelve Steps and Twelve Traditions

"Belief meant reliance, not defiance." — 12 & 12, Step 2

"Even a beginner in AA may trust the group implicitly long before he comes to believe in God." — 12 & 12, Step 2

"Our ability to reason has often led us into all kinds of trouble." — 12 & 12, Step 2

Plain Language Big Book

"We stop pretending we are in control of everything and admit we need help." — Plain Language Big Book

"We don't need to understand God. We just need to believe change is possible." — Plain Language Big Book

"This Step is about hope. It's about seeing a way forward, even when you don't have all the answers." — Plain Language Big Book

Alcoholics Anonymous, Fourth Edition ©2001 A.A. World Services, Inc. All rights reserved.

Twelve Steps and Twelve Traditions ©1981 A.A. World Services, Inc. All rights reserved.

Plain Language Big Book ©2023 A.A. World Services, Inc. Used with permission. All rights reserved.

Affirmations

Write affirmations that reflect spiritual openness, humility, and willingness to believe something new.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for willingness to believe—even if you're scared or unsure. Ask for spiritual guidance.