Step Two

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

The Second Step is:



The Second Step is:

-Often tricky for agnostics/atheists

-Actually straightforward and logical

-Something that you're already doing!

When it comes to the Second Step, newer members often:

-Misinterpret it

-Overcomplicate it

-Shy away from it

But let's LEAN INTO IT!

Why a Step Two lead?

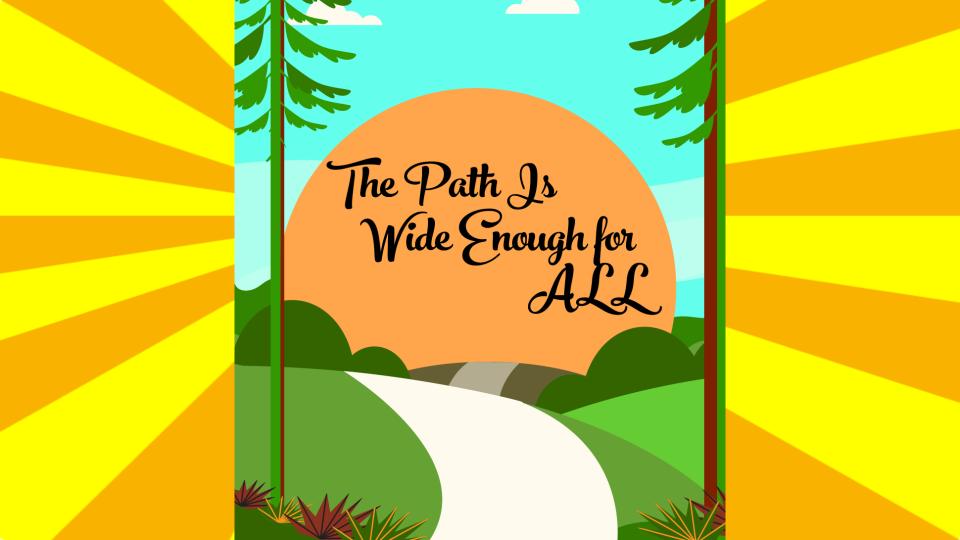
-I genuinely love Step Two!

-We rarely hear Step Two leads!

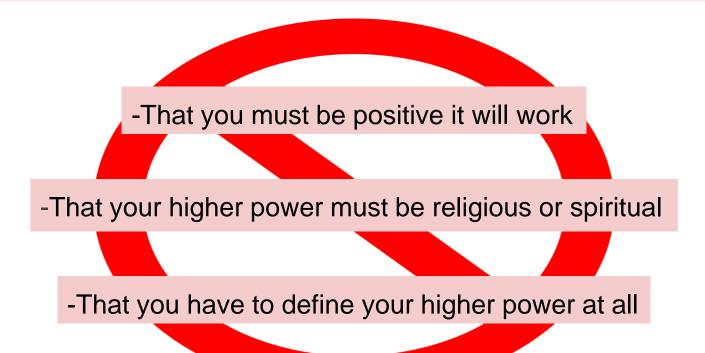
-It's often conflated with Step Three!

Objectives of this presentation

- -To dispel fear surrounding Step Two
- -To distinguish its own unique importance
 - -To break down the step using logic
- -To show that logic and spirituality are not mutually exclusive
 - -To affirm that there is no bar for entry to the Second Step
 - -To prove that YOU are already doing it! (Right Now!)



What the Second Step doesn't say:



What the Second Step DOES say

(Let's break it down!)

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

Came To:

-To wake up

-Implies a process

-You get all the time you need!

Came to Delieve that a power greater than ourselves could restore us to sanity



Definition of BELIEVE:

To consider to be true

(No religious or spiritual conviction required)

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





The Twelve Steps

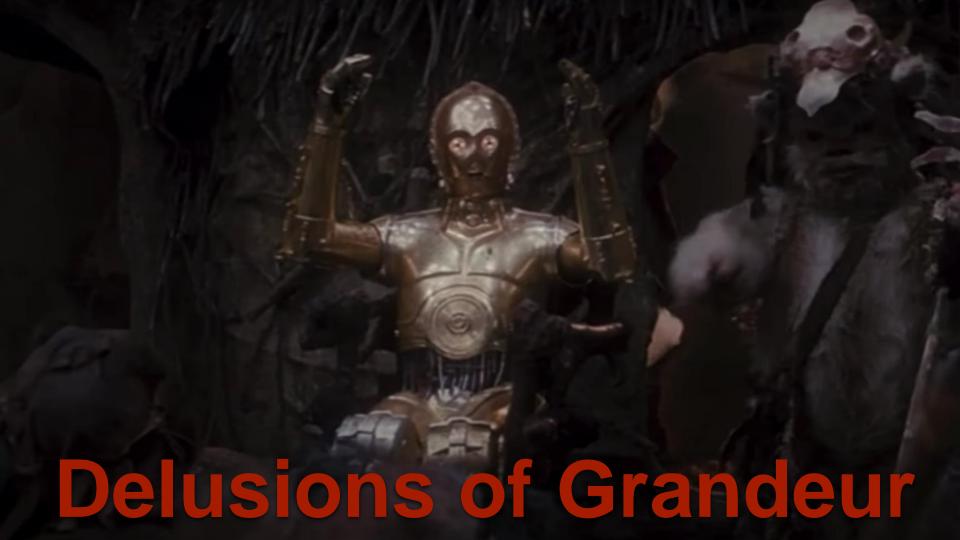
- 1.We admitted we were powerless over addictive sexual behavior that our lives had become unmanageable.
- 2.Came to believe that a Power greater than ourselves could resto
- GOD 3.Made a decision to turn our will and our lives over to the care of God as we understood
- 4. Made a sear **GOD** nd fearless moral inventory of ourselves.
- 5.Admitted to God, to ours and to another human being the exact nature of our wrongs.
- 6.Were entirely remove all these defects of character.
- 7. Humbly asked God to remove our shortcomings.
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10.Continued to take personal inventory and when we were wrong promptly ad
- 11.Sought through prayer and m GOD'S to improve our conscious contact with God as we understood God
- , praying only or God's will for us and the power to carry that out.
- 12.Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.

GOD

One Question



Are you alone, the single greatest power in the universe?



Literature

Powers greater than me

The Internet

Friendship

Mathematics

Mother **Nature**

Traffic

WAR

The **Fellowshi** The Government

The Weather

The collective wisdom of those who came before me

What is NOT a power greater than me?

Me (alone)

Me ≯ Me

Me + (anything negative)

Me + (anything negative) ≯ Me



What IS a power greater than me?

something POSITIVE outside of ourselves

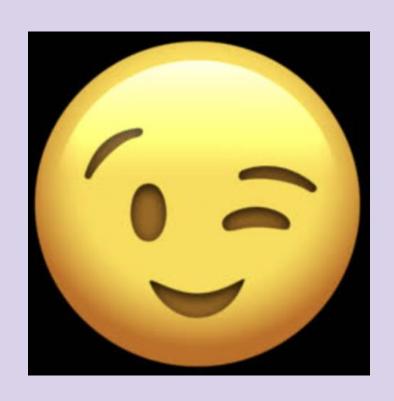
(in other words)





AND NOW BACK TO OUR REGULARLY SCHEDULED PROGRAM ALREADY IN PROGRESS

"Program"



The Second Half of The Second Step

Let's start at the end, and move our way forward Fet,s start at the end, and move our way forward Came to believe that a power greater than ourselves could restore us to sanity

Insanity:

-Something utterly foolish or unreasonable

-Doing the same thing over and over again, but expecting different results

-Not doing what you know works

Program-centric definition:

Doing things you feel powerless over that make your life unmanageable (Acting out)

Step 1

We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable

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

To Restore:

-Bring back to an original state

-Must be innately within us all

-A means to return to not acting out

The Final Word

Came to believe that a power greater than ourselves COULC restore us to sanity

Could:

- -Acknowledge the possibility
 - -Inherently able or designed to
 - -Something that has an indicated potential

We have already accepted:

That our acting out was insanity (Step 1)

That there are powers greater than ourselves (Logical proof)

But -

Is it possible for those powers to restore us to sanity?

"Could" can be the most difficult part

-Terminally Unique

-Personally Defective

-Feeling so low, nothing could fix us



Logic time!

If no power in the universe could restore you to sanity, then you alone would be the single greatest power in the universe

If you accept that you alone are not the single greatest power in the universe

Then by definition - the possibility of restoring you to sanity <u>must exist!</u>

Everyone here is doing The Second Step, right now!

Your presence here

PROVES

that you already believe

recovery is

POSSIBLE

for **YOU**!

Bringing it all together

Came to = Through a process

Believe that = Consider to be true

A Power Greater Than Ourselves = With help

Could = acknowledge the possibility

Restore us = Return to

To Sanity = not acting out

Through a process, we consider to be true that with help we acknowledge the possibility of returning to not acting out

(In other words)

I have a problem, and I cannot solve it alone (1st Step)

With <u>help</u>, recovery *is possible* for <u>me</u> (2nd step)

