

Step Two

1) HOW TO TAKE IT (Suggestions)

- a) Take this step with your sponsor, another member of A.A or an understanding friend.
- b) Read each question out loud to the person of your choice. Mark or check off in the Yes or No box

REMEMBER TO DO IT OUT LOUD!!

- c) If you are convinced of the attached questions, you will be feeling comfortable with this step and should move on to the next step.

2) WHAT SHOULD I DO IF I'M NOT CONVINCED?

(Some suggestions are as follows)

- a) Let your sponsor know of your problem. Review the step with him or her. Pinpoint the part of the step you are having problems with.
Be honest with yourself!

- b) Go back to the previous step. Perhaps the problem is there
"Am I sincerely convinced of step 1?"

- c) Read and re-read the chapter that carries the main thrust on step 2, namely,

"we Agnostics - pages 44-57" (Read 100 times if necessary).

"How it Works _ pages 58 60 " (Inclusive of a, b and c)

- d) Go to as many meetings as possible. Hearing and listening for words that will help convince you.

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What I am convinced of when I say: "I believe a power greater than ourselves can restore me to sanity"

1) I'm Convinced-	That I have to <u>find a power</u> , other than human power, <u>to replace</u> the power of alcohol.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2) I'm Convinced-	That my own code of morals or philosophy of living is insufficient - I <u>can't stay comfortably sober</u> on a <u>continuing basis, my way</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No
3) I'm Convinced-	That my human intelligence <u>isn't enough</u> to keep me <u>comfortably sober continually, on my own</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No
4) I'm Convinced-	lily idea that self*sufficiency would solve my problems <u>didn't work</u> - Self-sufficiency means <u>staying comfortably sober, without help</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No

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5) I'm Convinced-	I <u>never</u> gave the spiritual life a <u>fair hearing</u> .- Spiritual meaning belief in some power other than human power, my own power or alcohol power, <u>on a constant</u> and <u>continuing basis</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No
6) I'm Convinced-	That lack of power was my dilemma- <u>My own will power</u> , so far as alcohol is concerned, <u>is nil</u> . <u>I can't stop drinking on will power alone</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No
7) I'm Convinced-	That <u>believing</u> in a "power greater than ourselves", <u>is a strength</u> ; not a weakness.	<input type="checkbox"/> Yes <input type="checkbox"/> No
8) I'm Convinced-	That <u>constantly believing</u> in a "power greater than ourselves" will give me purpose and direction in life; without alcohol. (Constant means each and every day and sometimes many times during the day.)	<input type="checkbox"/> Yes <input type="checkbox"/> No
9) I'm Convinced-	That <u>most of my ideas</u> for living <u>did not work</u> ; The God of reason does; The God of reason idea means living a life that distinguishes between right and wrong.	<input type="checkbox"/> Yes <input type="checkbox"/> No

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10) I'm Convinced-	That <u>faith has been involved</u> in my life <u>all the time</u> ; For example: I have faith in science when they tell me that nitrogen is the main component of air; that I need it to live. I have this faith even though I can't see, feel, hear or touch it	<input type="checkbox"/> Yes <input type="checkbox"/> No
11) I'm Convinced-	That in the final analysis <u>only I can tap the power</u> that's available to us all. I believe that <u>deep down</u> in me is the fundamental idea of God. I have to find the <u>great reality</u> deep down <u>within myself</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No
12) I'm Convinced-	That a <u>constant belief</u> in a "power greater than ourselves" will eventually <u>take away</u> or <u>remove</u> my obsession to drink (Obsession means the thought or idea that somehow, someday I will control and enjoy my drinking.)	<input type="checkbox"/> Yes <input type="checkbox"/> No
13) I'm Convinced-	When the <u>obsession</u> to take that <u>first drink</u> has been <u>taken away</u> or <u>removed</u> I have been restored to sanity (restored to my right mind), because I now <u>see and believe</u> it is the thoughts and ideas <u>before taking the first drink</u> that is the <u>insanity</u> of my thinking.	<input type="checkbox"/> Yes <input type="checkbox"/> No

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14) I'm Convinced-	That probably <u>no human power could</u> have relieved my alcoholism	<input type="checkbox"/> Yes <input type="checkbox"/> No
15) I'm Convinced-	That God could and would <u>if He were sought</u> . <u>I have to make the effort</u>	<input type="checkbox"/> Yes <input type="checkbox"/> No
16) I'm Convinced-	When thousands of A.A's throughout the world say that the presence of this power <u>is today the most important fact</u> of their lives; <u>I believe.</u>	<input type="checkbox"/> Yes <input type="checkbox"/> No
17) I'm Convinced-	That <u>I have to ask</u> for help <u>every day</u> and sometimes <u>many times during the day</u> if I am to re-create my life.	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you are not convinced on these vital issues you ought to re-read the book to this point or else throw it away. (First 60 pages)