AA Step 2 Worksheet

Finding a Power greater than yourself, even if you're not religious

A Stoic Sobriety
astoicsobriety.com

Name _____ Sobriety date _____ Date started _____

> *"Came to believe that a Power greater than ourselves could restore us to sanity."*
>
> Step Two · Alcoholics Anonymous (the Big Book), Chapter 5, p. 59

How to use this worksheet. Step 2 doesn't ask you to adopt a religion. It asks you to admit that your own ego and self-will got you here, and to find something bigger than that ego to lean on. Answer in writing and in your own words. Nothing here has to be final; your answers can change as you stay sober. Go over them with your sponsor or someone you trust.

Part A · Self-will run riot

The Big Book describes our lives while drinking as "self-will run riot" (p. 62). As they say in the rooms, your best thinking got you here.

1. List a few decisions you made "my way" while drinking. Where did each one lead?

2. Where does your ego still insist it's in charge, even now?

Part B · What would "sanity" look like?

"Sanity" here isn't a clinical word. It means no longer running your life on the self-will that fed the addiction.

The insane pattern (what I keep doing)	What sanity would look like instead

1 Look back for something larger

Think of moments when you felt connected to something bigger than yourself: nature, love, music, the support of other people, a room full of people staying sober together.

Moments I felt part of something larger than me:

2 Possible Higher Powers I could try

A Higher Power is anything bigger and steadier than your own willpower. Check any you'd be willing to try for now. You can change it later.

- ☐ My AA home group / the fellowship
- ☐ My sponsor and the people who got sober before me
- ☐ Nature and its laws
- ☐ Logos: the rational order of reality (Stoic)
- ☐ Love, or goodness
- ☐ God as I understand God
- ☐ A philosophy that guides my choices
- ☐ Other: _____

3 Ask without knowing who you're asking

Sit somewhere quiet and ask for help, addressed to no one in particular. For example: *"I need to find a higher power, and I don't know where to start. I'm open-minded, and any guidance would help."* Write your own version.

4 Widen the pause

The Stoics called the things that happen to you "impressions." Their practice was widening the pause between an impression and your reaction. Catch the moment your ego wants control back, and lean on something else instead.

What happened (the impression)	My first, autopilot reaction	What I leaned on instead

5 Let belief grow through action

Belief usually grows from small, repeated actions, not one big decision. Check off each action as you take it this week.

Action	Day / notes
Went to a meeting and listened for a story of real change	
Read Chapter 4, "We Agnostics," in the Big Book	
Asked for help (exercise 3) in a quiet moment	
Asked someone in the program what their Higher Power is	
Looked into a practice or idea that interests me	

What's getting in my way?

Check any that sound familiar.

- ☐ The word "God" puts me off.
- ☐ AA seems like a religious program.
- ☐ I'm an atheist or agnostic.
- ☐ I need to be certain before I commit.
- ☐ I'm afraid I'll be stuck with one choice.
- ☐ I've always relied on myself.

You can substitute anything you want wherever the word "God" appears. There's no pressure to be certain on day one, and your definition can grow with you. The Big Book asks only that you not let prejudice against spiritual terms stop you from honestly asking what they mean to you (p. 47).

My working definition of a Higher Power

For now, the Power greater than myself that I'm willing to trust is:

How I'll lean on it this week:

My signature & date

Reviewed with (sponsor / trusted person) & date