

STEP 2 – WORKSHEET

Answer based on real experiences—not what you think it should be.

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

SECTION 1 – CORE UNDERSTANDING

Step 2 is about possibility and honesty in our thinking. After Step 1, we begin to see that our way has not been working. This step asks whether we are willing to consider a different way of thinking.

SECTION 2 – BELIEF / SANITY

Sanity means seeing things clearly and making decisions that lead to better outcomes. If our thinking keeps leading us back to the same results, something needs to change.

SECTION 3 – THINKING & RESISTANCE

Internal: doubt, fear, resistance, control.

External: repeating patterns, ignoring help, staying stuck.

SECTION 4 – HOW TO WORK STEP 2

Stay open. Listen to others. Question your thinking. Be willing to try something different.

SECTION 5 – WORKSHEET

A. Thinking Patterns – List 3 real situations from the last 30 days where your thinking led you back to the same outcome. Be specific

1) Situation	
What I Intended	
What Actually Happened	
Outcome	

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2) Situation	
What I Intended	
What Actually Happened	
Outcome	

3) Situation	
What I Intended	
What Actually Happened	
Outcome	

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B. Evidence of Repeating Patterns (Last 7 Days – Be Honest)

Times I ignored good advice: _____

Times I repeated the same mistake: _____

Times I knew better but did it anyway: _____

Times I justified something I knew was wrong: _____

Days I felt stuck in my own thinking: _____

Days I resisted help: _____

C. Internal Thinking & Resistance (Last 30 Days)

1. Thoughts I could not let go of:

2. Resistance patterns (check + describe):

☐ I don't need help ☐ I don't trust others ☐ This won't work ☐ I already know ☐ Fear of change

Example:

3. Openness to new thinking:

Frequency: ☐ Rarely ☐ Sometimes ☐ Daily ☐ Constant

Describe:

4. When I considered accepting help, I felt:

☐ Skeptical ☐ Resistant ☐ Curious ☐ Hopeful

Explain:

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D. External Patterns in My Life

Relationships affected:

Work / responsibilities impacted:

Situations where I stayed stuck instead of changing:

STEP 2 SELF-ASSESSMENT SCORE

On a scale of 1–10, how open are you to a different way of thinking?

Score: _____

1–3 = Closed (relying only on your own thinking)

4–6 = Willing (starting to question your thinking)

7–8 = Open (considering new ideas)

9–10 = Ready (actively seeking a new way)

F. Reflection: If nothing changes in my thinking, where will my life be in 6–12 months?

The biggest problem with my thinking is:

What I might be missing is:

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SECTION 6 – Q&A

What patterns do you see in your thinking?

Where has your thinking led you back to the same result?

What does sanity mean to you?

What are you resisting the most?

What would it take for you to be open to something new?

Are you willing to believe in a different way of thinking? (Yes / No) Why?

SECTION 7 – FINAL STATEMENT

Today, I am willing to believe that a Power greater than myself can restore me to sanity. I am open to a new way of thinking and living.