

AA Step 2 Worksheet

Name: _____

AA Step 2: We came to believe that a power greater than ourselves could restore us to sanity.

What are your current beliefs or thoughts about the concept of a higher power or something greater than yourself?

Have you ever had any spiritual or transcendent experiences in your life, even if they were unrelated to addiction or alcoholism? If so, describe them.

What fears or reservations do you have about the idea of turning your will and life over to a higher power?

Define, in your own words, what a higher power means to you.

Are there any specific qualities or attributes you would like this higher power to have?

Consider the possibility that your higher power could be anything you are comfortable with, even if it's not a traditional religious concept. What could this be?

How willing are you to set aside your doubts and open your mind to the possibility of a power greater than yourself? Rate your willingness on a scale from 1 to 10 (1 being not willing at all, 10 being very willing).

1 2 3 4 5 6 7 8 9 10

What steps can you take to increase your willingness and open-mindedness regarding a higher power?

List some books, resources, or people you can talk to for further exploration and understanding of the concept of a higher power.

Consider discussing your beliefs and doubts about a higher power with someone you trust or a sponsor. Write down any insights or guidance you receive.

Write a brief statement of commitment to working Step 2 and being open to the idea of a higher power guiding your recovery.

Additional notes