

RECOVERY & ME
The Second Step: The Solution
Anonymous

“Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” (Alcoholics Anonymous, Pg. 47)

Once I properly understood the first step of the Program of Alcoholics Anonymous (AA) that “lack of power” was my dilemma, the basic text of Alcoholics Anonymous directed me to the solution to this situation; Power. And it had to “be a Power greater than ourselves”. I came into AA like many people, with a very confused and skewed concept of a “Higher Power”. I didn’t struggle greatly with the idea that I may be suffering from a distortion of thinking (insanity), however I wasn’t real certain about a Power greater than myself restoring me to a state of clear thinking. Fortunately, as the basic text of Alcoholics Anonymous explains, all I needed was a willingness to believe that there was a Power greater than myself that could restore me to sanity. Having accepting this premise, I was assured that I was on my way to wellness provided I was willing to take further action. My time and experience in AA has proven to me, and countless others, that this is not just a promise, it is a guarantee.

Over my many years I have seen many an alcoholic struggle with Step Two. My observations have always been that as long as one is able to keep an open mind to new ideas, they too can discover that Power greater than themselves is needed to restore them to sanity. Always remember; keep it simple, easy does it, but do it.

P.S. Step 2 – Described on pages 44 – 60

(The directions for taking Step 2 are on page 47, para. 2, lines 1 - 3)

I welcome your questions, your ideas for recovery topics or perhaps a personal story or two. Don’t forget, a dose of good humor about recovery or addiction is always welcomed...it has certainly helped me and many others through some tough times! Please send your submissions to: Council on Chemical Abuse, Attn: Recovery & Me, 601 Penn St., Ste. 600, Reading, PA 19601. You may choose to remain anonymous by including only your first name with your submission, as it may in part be reprinted in a future article.