

**Step 2 - Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.**

**Step 2 Came To Believe That A Power Greater Than Ourselves Could Restore Us To A Normal Way Of Thinking And Living.**

Having been convinced of our powerlessness over gambling and the unmanageability of our lives in Step One, we are now told that only a power greater than **OURSELVES** could restore us to a normal way of thinking and living. (THIS MEANS WE CAN'T DO IT BY OURSELVES).

At this point, we must begin to develop open-mindedness. For only by beginning to be open-minded, can we start to understand the true meaning of the step. Most, if not all of our members, have found a resistance or a reluctance to deal with a higher power. The idea of a power greater than ourselves, restoring us to a normal way of thinking and living, does not come easily to us. However, if we truly believe that we are powerless over gambling and have an illness that will progressively destroy our lives, then we desperately need a solution to our illness.

In this step, we are told that there is a solution. Our solution is living a spiritual recovery program. This Spiritual Recovery Program is brought about by a progressive character change that cannot be accomplished through will-power. We need a source of power that is greater than ourselves to bring about this change. The change will take place by proceeding with the work required in the remaining steps. What will come with the work is an understanding and practice of kindness, generosity, honesty and humility within ourselves and with others which will lead us eventually to a belief in a Power of our own understanding.

Here, many of us had to examine why we refused to believe in a Power greater than ourselves. We found that some of the obstacles preventing us from attempting to believe were pride, ego, fear, self-centeredness, defiance, and grandiosity. In order to recover from our illness, these obstacles must be eliminated. Here, our sponsors can be of assistance. They can share with us their experiences as to how they overcame their resistance to believe in a Higher Power. We found that writing about our resistance is a good method to help us. We had to put on paper how the obstacles blocked us and led us to refuse to accept a Higher Power.

Most of us did not fully understand what this Higher Power was. At this point, it was only necessary to accept that there was one. Many of us used our sponsor, other members or the Fellowship as this Higher Power, but eventually, as we proceeded with the work required in these steps, we came to believe this Higher Power to be a God of our own understanding. We must have the honesty to look at our illness, the open-mindedness to accept the solution being told to us and the willingness to apply this

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solution by proceeding on with the recovery process of these steps.

Step Two warns that belief (that a Higher Power will remove obsession) may be difficult.

- 1 Many do not believe a Higher Power and/or God exist. How can we proceed with our recovery? **DISCUSS:-**
  - 1.1 Areas of success in our lives that were decided more by circumstances than our best efforts.
  - 1.2 Fear of failure. Give up too easily?
  - 1.3 Uncomfortable chores that proved to be beneficial.
  
- 2 It is recommended that as Gamblers we "Take It Easy" by keeping an open mind and practising other areas of the Recovery Program even if there is difficulty in accepting a higher power. i.e. "fake it until you make it." **Discuss:-**
  - 2.1 Meaning of the slogan "Easy Does It."
  - 2.2 Changes in our lives and behaviour since we stopped gambling.
    - 2.2.1 Good?
    - 2.2.2 Bad?
  
- 3 Step Two recommends that we stop fighting the thought that a Higher Power may exist. Working other areas of the GA program will show results. It is understood that past efforts at belief may have failed. **DISCUSS:-**
  - 3.1 Judgments we make quickly.
  - 3.2 Judgments we make on instinct (gut feeling) versus facts.
  - 3.3 Arguing with others to win our point of view.
  - 3.4 Catastrophes that occurred because we spoke too quickly.
  
- 4 Step Two promises when we have "cleaned house" our Higher Power will enter to expel our gambling obsession. Open-mindedness alone is required. Belief in open-mindedness is the plateau where all GA members can unite. **DISCUSS:-**
  - 4.1 Have we started to listen more and voice our views less? When did this begin?
  - 4.2 Are we open-minded or fixed in our beliefs? Why?
  - 4.3 Step One of the Recovery Program.