Step Study Outline

**Step Two:**

**Came to believe that a Higher Power of our understanding**

**could restore us to sanity.**

**Spiritual Aspect: Hope**

Why Step Two is Needed

We stop focusing in an unhealthy way on our dual diagnosed loved one. We understand that their recovery is not in our power to control, and we acknowledge the unmanageable chaos in our lives. Since our energy is no longer directed toward our dual diagnosed loved one, we may feel out of balance. We learn to direct that energy toward our own recovery. We want to fill the void with a new, saner existence. We begin to believe - to hope - that our Higher Power can restore our sanity. We can find new meaning in life and find a new direction for our own recovery. We ask: “What next?”

How Step Two Works

We identify a source of (a higher) power to help us because we realize we cannot do it alone. We choose a Higher Power that works for us, and gradually come to believe that our Higher Power can help us. Our lives can improve and we can regain sanity. A tremendous weight is lifted off our shoulders when we realize that we don’t have to manage our recovery alone. We can begin to feel peace, knowing that we can “Let go and Let God.”

We form new routines. It is helpful to ask ourselves what changes need to be made. We start small, perhaps just changing one or two things at a time. We begin to see what recovery looks like, and we feel hopeful. Even the smallest shift in thinking can help us see the path forward.

The Tools to Help Us

We continue to recognize that there are tools to help us in our recovery. First of all we realize that we must be patient with ourselves. Recovery takes time…it moves at its own pace and cannot be rushed. We have to allow time for the grieving process. We realize that our lives have changed; things are no longer as we thought they would be. Searching for a new normal takes time. We aim to make progress, not strive for perfection. And, we realize that we’re not alone.

The fellowship of Dual Anon meetings, where we see the program work in other people, helps us learn to detach with love and compassion. The love and guidance available in the group and with a sponsor help us to be open to new suggestions.

We use prayer, especially the Serenity Prayer, meditation and spiritual literature to keep searching for insights from our Higher Power. We stay open and willing to believe that things will be better.

We find it helpful to reach out, challenge ourselves, meet new people, and create new experiences. A sense of humor helps put things in perspective.

We experience a change of perspective that allows us to make better decisions, with the help of our Higher Power. Each step of the way in this beginning phase of recovery we ask: “Is this good for me in my recovery?” “Does it move me in the right direction?”

Challenges

Our Higher Power can be from a traditional religion, but that may make some people uncomfortable. Our Higher Power is a nurturing force—we use any Higher Power that makes sense to us, that we can trust, and that we can hold onto. It can be God, Jesus, Allah, Great Spirit, Mother Universe, etc. Perhaps at first we think of the Dual Anon group as a Higher Power to rely upon. A Dual Anon meeting may be the only sane thing in our lives when we are new to recovery. A counselor, sponsor, Twelve Step book or other spiritual literature can serve as a Higher Power also.

Other challenges may threaten to slow our recovery. It is possible that chronic sorrow may overcome us occasionally, when we cannot see the end of our suffering. We might be fearful for the future. We also face the stigma attached to both diseases of our dual diagnosed loved one, and sometimes feel embarrassed, and wonder what to say to family and friends when they ask questions. We may feel exhausted, and a lack of time and resources in caring for the demands of our dual diagnosed loved one. We may slip back into co-dependent behavior. All or some of these experiences may lead to “stinking thinking” that takes over our thoughts and emotions, causing havoc in our lives. We rely on our Higher Power to help us find ways to take care of ourselves and in time, we can overcome these challenges. When we begin to see changes in our lives, and realize that a life force is working within us, our own faith in our Higher Power grows. We see that we can work with this Higher Power to bring about healthy changes. We simply come to believe.

Benefits

Gradually we begin to feel hopeful instead of helpless. We realize that recovery is a process, and it doesn’t happen overnight. When we come to believe in a Higher Power we connect with a healing force that is already in place in the world. We begin to relate to the world in more constructive ways—we make better decisions, become more serene, peaceful and relaxed. We belong to a community of recovery that supports our efforts, and we begin to transform. We begin to feel more peaceful and tranquil as we deal with the challenges of living with another person’s dual diagnosis. We come to believe that we can be at peace in the present.

Stepping Forward

Gradually we come to believe that there is hope that faith in our Higher Power can transform us and guide us down a new path. We become ready to turn our will and our lives over to the care of our Higher Power in Step Three.

Dual Anon Step Study Literature Credits:

The Twelve Steps and Dual Disorders by Tim Hamilton and Pat Samples

How Al-anon Works for Families and Friends of Alcoholics

Paths to Recovery Al-Anon’s Steps, Traditions and Concepts

Courage to Change – One Day at a Time in Al-Anon II

Codependents Guide to the Twelve Steps by Melody Beattie

A Woman’s Way through the Twelve Steps by Stephanie S Covington

A Gentle Path through the Twelve Steps by Patrick Carnes

[NA Recovery.org](http://www.na-recovery.org/)

[[12 Wisdom Steps.com](http://12wisdomsteps.com/%22%20%5Co%20%2212%20Wisdom%20Steps)](http://12wisdomsteps.com/)

Members’ Experience, Strength and Believable Hope