

Step Two

Came to Believe We. . . could be Restored to Sanity

Why don't you choose your own your own conception of God?	G.O.D. Group of Drunks, Good Orderly Direction, A Mess headed in the right Direction- Carrying the Message and not the Mess
Make a list of insane thoughts or behaviors	Put the opposite character action that is sane.
Self-Pity	Self-Forgiveness
Self-Justification	Humility
Self-Importance	Modesty
Self-condemnation	Self-Validation Affirmations
Dishonesty	Honesty
Impatience	Patience
Resentment	Forgiveness
Jealousy	Trust
Envy	Generosity
Procrastination	Promptness
Pride	Simplicity
Catastrophe	Balance

If a mere code of morality or philosophy were sufficient we would have recovered long ago.

Big Book p. Xxix

Alcoholics Anonymous does not demand that you believe anything. All Twelve Steps are but suggestions. . .it is easier to take the steps rather than work the steps.

Twelve and Twelve p. 26