

Step Two

Second Step Prayer

Heavenly Father,

ask that you remove all twisted thought & Addictive behavior from me this day.

Heal my spirit & restore in me a clear mind. Amen.

We Do Together:

- We read together in the *Big Book*: “More About Alcoholism,” “We Agnostics,” and the beginning of “How it Works.”
- Review the *Arch*.
- Discuss work described on this sheet.

Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day (morning and evening) – though this is an instance in which more can be better.
- Write a 10-point gratitude list in the morning (5 must be non-tangible, do not repeat daily) – send via txt, or phone picture if written in a journal.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* the Bible/Quran/Torah/Upanishads (whatever your religion - or you - decree sacred).
- A meeting every day unless you have already completed 90 in 90. If so, a minimum of six meetings per week.

Step Two Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Two, we will review it together the next time we meet.
- Work the [Step Three pre-exercise](#).
- Read the Second Step chapter in *The Steps We Took*.
- Read one of the stories from the *Big Book*.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com