

**Step 2: THE SOLUTION**

The important thing about Bill W.'s story, about your story, is that, like Bill, you don't have to remain helpless and miserable. What happened to Bill can happen to you. What happen to you has also happen to us, that's why this is a WE program. Meaning you are not alone. Awareness of what the problem is can lead to the solution, an **step two is that solution**.

Here is the Second Step in the AA twelve Step program: **"came to believe that a power greater than ourselves could restore us to sanity."**

In order to understand Step Two, you must first understand these four ideas:

1. Spiritual experience
2. Sanity and insanity
3. Higher Power
4. Belief and faith

First, let's discuss spiritual experiences. This idea is central to your recovery

READ THE FOLLOWING AREA OF THE BIG BOOK:  
CHAPTER 2 – 'THERE IS A SOLUTION', PAGES 17 –29  
APPENDIX II pages 567 – 568

The phrase "spiritual experiences" is first mentioned on page 25 of the book, and is explained in detail in the appendix area above.

**Exercise 1: ANSWER THE FOLLOWING WITH TRUE OR FALSE**

After reading the descriptions of "spiritual experience" in the book, answer the following

1. A spiritual experience must be sudden and spectacular. ( )
2. By using self-discipline, an alcoholic can get the same results that a spiritual experience will give. ( )
3. For many, having a spiritual experience means tapping inner resources, which they think of as a power greater than themselves. ( )
4. Even if you close your mind to spiritual ideas, you can recovery from alcoholism. ( )
5. Change is what is spiritual experience is all about. ( )

If you answered any as false explain why you feel this way.

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Your notes:

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The author of the Big Book, Bill W. may have been thinking about insanity in just a little different way. The Big Book describes the insanity that takes place BEFORE we take a drink or do drugs.

Read Chapter 3 "More about Alcoholism" PAGES 30 – 43 then continue to answer the following exercises.

**Exercise 3**

What is the Big Lie that alcoholics tell themselves? Write it out from what you see in the Big Book described in paragraph 1.

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This big lie becomes our obsession, or the idea that replaces all others. Acting on that lie ( I'll be able to drink or use like other people ) is the root of the alcoholic's and addicts insane thinking. The lie comes into our mind NOT while we are drinking alcohol or using drugs and is controlled by our allergy. The lie is the part of our illness that's in our mind when we're Not using.

To avoid facing the fact that we can't drink alcohol or use drugs like other people, we'll inevitably try to come up with ways to do so.

Your notes:

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