

Step 2 Worksheets

Hope

Do you believe that there is an order to the universe or are events random?

What was the attitude towards spirituality in your childhood home?

How do you feel about the spiritual tradition you grew up in? Did it contribute to your addiction or provide you any aid or comfort?

Do you ever attend religious services or rites of any kind? Why or why not?

What role does spirituality currently play in your life?

Do you wish spirituality played a larger role in your life? If so, why doesn't it?

Do you ever feel anger at a Higher Power? Why do you feel it? Is it justified?

Have you ever prayed to a Higher Power in moments of distress? Why? How did it make you feel?

Have you ever made a deal or bargain with a Higher Power? Did you keep to it? Why?

Does your Higher Power have characteristics? If so, what are they?

Did you ever feel like someone in your family had authority over you and abused it? How does that make you feel about the concept of a Higher Power?

If you were able to choose everything about your higher power, what would it look like?
