

# Step 2 Worksheets

# Hope

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

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What was the attitude towards spirituality in your childhood home?

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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?

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

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What role does spirituality currently play in your life?

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

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

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

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

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

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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?

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

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