

Step Two - "A Glimmer of Hope"

Your Sponsor's Companion Packet

1 Opening Note from Your Sponsor

Congratulations on completing Step One! You've taken the hardest part—honestly naming the problem. Step Two asks you to open the possibility that something greater than yourself can bring a solution. It isn't about forcing belief; it's about exploring curiosity and gently widening the heart. Think of it as peeking through a new window that looks out onto a calmer landscape.

2 Core Concept - Belief in a Power Greater Than Ourselves

"Came to believe that a Power greater than ourselves could restore us to sanity."

The Big Book (4th ed.) dedicates an entire chapter to this step, **"We Agnostics" (pp. 44-57)**. This is the primary reading for Step Two, as it directly addresses the questions, doubts, and prejudices that can be a block to belief.

This chapter is supported by key ideas in:

Section	Pages	Why It Matters
"There Is A Solution"	pp. 17-29	Shows that a caring force can replace the obsessive "self-power" that has failed us.
"More About Alcoholism"	pp. 30-43	Describes what early members called "a spiritual experience" and how it felt.

The 12-Step "12x12" (Step Two essay, pp. 25-32) gives a concise explanation of belief versus faith: belief is the first willingness to consider, faith grows later with experience.

3 What to Do This Week

Action	How to Do It	Suggested Time
Read the Big Book chapter "We Agnostics"	Highlight any sentence that "rings true" or answers a	30 min

(pp. 44-57).	doubt you've had.	
Make a "Possibility List."	Write down anything you can imagine that might be a "Power greater than yourself" — God, nature, the fellowship, the collective wisdom of AA, the principle of love, etc.	One sitting, 10 min
Try a Simple Meditation.	Sit quietly for 3 minutes, focus on the word "hope" or "openness." Notice any feeling, image, or thought; jot it down.	3 min daily
Share Your Thoughts with me (or another trusted member).	Bring 1-2 items from your Possibility List to discuss.	When you're ready
Read the 12x12 Step-Two Essay (pp. 25-32).	Underline the line that defines "belief" for you.	15 min

4 Tradition Two - "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

This Tradition is the group's version of Step Two. It asks the entire group to let go of "self-will" (letting a single, fallible person govern) and instead trust a "Power greater than ourselves" (the "group conscience").

For the individual in Step Two, the journey is the same. It's an invitation to set aside the old prejudice or belief that *our* will is the only authority. It asks us to become humble and open-minded enough to believe that a Higher Power—whatever we choose to call it—can guide us back to sanity in a way our own thinking cannot.

5 Reflection & Integration (Your Personal Worksheet)

1. **What does "Power greater than ourselves" feel like?** Write a short paragraph describing any image, feeling, or memory that emerges when you think of a caring or ordering force.

2. **Where have you already seen glimpses of this Power?** (A moment of kindness, a calming breath, the fellowship's support, a "coincidence," etc.) List three examples.
3. **Identify resistance.** Note any "I don't believe that..." or "This is silly..." thoughts. Where do they come from? Fear? Past hurt? Be honest and gentle.
4. **Link to Step One.** How does believing in something larger help loosen the grip of *powerlessness*? Write a sentence or two connecting the two steps.

(Keep these notes handy; we'll revisit them when we move into Step Three.)

6 Suggested Follow-Up Reading

Source	Pages / Sections	What to Highlight
Big Book - "We Agnostics" (Primary)	pp. 44-57	The entire chapter, especially the discussions on open-mindedness and finding a "God of your own understanding."
12x12 - Step Two Essay	pp. 25-32	The definition of "belief" vs. "faith," and the idea that "coming to believe" is a process.
Big Book - "There Is A Solution"	pp. 17-29	The concept of a "Spiritual Solution" replacing self-will.
12x12 - Tradition Two Essay	pp. 132-135	The discussion on "group conscience" and casting out fear and intolerance.

Mark any sentence that sparks curiosity or resonance.

7 Moving Toward Step Three

Now that you've opened the door to a *possible* higher power, the next step asks you to *act* on that possibility—to make a decision to turn your will over to the care of that power. Over the next few days, keep an eye out for those "glimpses" you listed in your reflection; they'll become the raw material for Step Three.

8 Quick-Help FAQ

Question	Short Answer
Do I have to pick a specific label for my higher power?	No—use whatever term feels honest (God, nature, the group, love, the universe, etc.). "We Agnostics" encourages this.
What if I feel skeptical?	Skepticism is normal and welcome. The step only asks us to <i>come to believe</i> , not to <i>already</i> believe. Stay curious.
Can I be spiritual without being religious?	Absolutely. Spirituality is your personal, inside connection to a power greater than you. Religion is an organized, outside system. They are not the same.

9 Final Encouragement

You are already proving the power of openness. Each line you read, each word you write, and each quiet moment you sit with possibility is building a new inner foundation. Trust the process, stay gentle with yourself, and know that I'm here walking beside you, ready to discuss whatever comes up.

-Your Sponsor