

**CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”**

**STEP 2, Exercise 1**

**“...Came to believe that a power greater than ourselves could restore us to sanity...”**

1. What are the activities that bring you hope and help you believe things are OK and will be OK? Going to meetings? Talking with recovering people? Reading recovery literature? Name those who have helped you to believe the most in your future.

**What activities bring you hope?**

**What helps you believe things will be OK?**

**Name those who have helped you most.**

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**STEP 2, Exercise 2**

**“...Came to believe that a Power greater than ourselves could restore us to sanity...”**

2. How have your ideas changed about what it means to be restored to sanity? How have your expectations about recovery changed? What do you expect from recovery now that is different from what you expected when you first began recovering?

**Changes in your ideas about being restored to sanity?**

**Have your expectations about recovery changed?**

**What do you expect from recovery now, that is different from what you expected when you first began recovering?**

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**STEP 2, Exercise 3**

**“...Came to believe that a Power greater than ourselves could restore us to sanity...”**

3. For now, how do you define a Power greater than yourself? Do you believe that Power cares about you?

**Define a Power Greater than Yourself.**

**Do you believe that Power cares about you? How do you know?**

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**STEP 2, Exercise 4**

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4. What is a reasonable plan of self-care for you to help you continue to believe that recovery can, and will, work for you? Look again at your ideas in question 1 above.

**What should you include in a Self-care plan to help you believe in recovery?**

**What brings you hope?**

**What helps you believe things will be OK?**

**Name those who have helped you.**

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**STEP 2, Exercise 5**

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5. What has been done for others in recovery that you would like to happen for yourself? Do you believe that is possible?

**What done for others would you like to have happen for you?**

**Do you believe this is possible? How? Why?**

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**STEP 2, Exercise 6**

**“...Came to believe that a power greater than ourselves could restore us to sanity...”**

7. Make a list of areas in your life where you would like to be restored. Your goals will be more effective if they center around restoring your own life rather than someone else's.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.