

Step 2

Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.

GA Sharing Recovery Through Gamblers Anonymous

Recognizing the nature of the compulsive gambling illness, members realize that *alone* they are powerless to establish a normal way of thinking and living. Therefore, compulsive gamblers understand that they need help from a power greater than themselves. In Step Two members are asked to believe in a Higher Power, which is a source of strength external to oneself and greater than one's self-will and self-determination. The Higher Power can be anything a member wants it to be, such as God or the psychological and emotional support from the Fellowship or the group. This step does not ask for belief in any organized religion but, more simply, a commitment to personal spirituality. Belief in a Higher Power enables the compulsive Gambler to realize that a better way of thinking and living is possible than that offered by gambling.

Gamblers Anonymous Working the Steps Pamphlet

Having been convinced of our powerlessness over gambling and the unmanageability of our lives in Step One, we are now told that only a power greater than ourselves could restore us to a normal way of thinking and living. (THIS MEANS WE CAN'T DO IT BY OURSELVES). At this point, we must begin to develop open-mindedness. For only by beginning to be open-minded, can we start to understand the true meaning of the step. Most, if not all of our member, have found a resistance or a reluctance to deal with a higher power. The idea of a power greater than ourselves, restoring us to a normal way of thinking and living does not come easily to us. However, if we truly believe that we are powerless over gambling and have an illness that will progressively destroy our lives, then we desperately need a solution to our illness.

In this step, we are told that there is a solution. Our solution is living a spiritual recovery program. This Spiritual Recovery Program is brought about by a progressive character change that can not be accomplished through will-power. We need a source of power that is greater than ourselves to bring about this change. The change will take place by proceeding with the work required in the remaining steps. What will come with the work is an understanding and practice of kindness, generosity, honesty and humility within ourselves and with others which will lead us eventually to a belief in a Power of our own understanding.

Here, many of us had to examine why we refused to believe in a Power greater than ourselves. We found that some of the obstacles preventing us from attempting to believe were pride, ego, fear, self-centeredness, defiance, and grandiosity. In order to recover from our illness, these obstacles must be eliminated. Here, our sponsors can be of assistance. They can share with us their experiences as to how they overcame their resistance to believe in a Higher Power. We found that writing about our resistance is a good method to help us. We had to put on paper how the obstacles blocked us and led us to refuse to accept a Higher Power.

Most of us did not fully understand what this Higher Power was. At this point, it was only necessary to accept that there was one. Many of us used our sponsor, other members or the Fellowship as this Higher Power, but eventually, as we proceeded with the work required in these steps, we came to believe this Higher Power to be God of our own understanding. We must have the honesty to look at our illness, the open-mindedness to accept the solution being told to us and the willingness to apply this solution by proceeding on with the recovery process of these steps.

Step Two warns that belief (Higher Power will remove obsession) may be difficult.

1. Many do not believe a higher Power and/or God exists.
2. How can we proceed with our recovery?

Discuss:

- A. Areas of success in our lives that were decided more by circumstances than our best efforts.
- B. Fear of failure. Give up too easily?
- C. Uncomfortable chores that proved to be beneficial.

It is recommended that all believers and non-believers
“Take it Easy”.

1. Keep an open mind.
2. Practice other areas of the Recovery Program.

Discuss:

- A. Meaning of the slogan “easy Does It.”
- B. Changes in our lives and behavior since we stopped gambling. Good? Bad? Surprised?

Step Two recommends that we stop fighting the thought that a Higher Power may exist.

1. Working other areas of the GA program will show results.
2. It is understood that past efforts at belief may have failed.

Discuss:

- A. Judgments we make quickly.
- B. Judgments we make on instinct (gut feeling) versus facts.
- C. Arguing with others to win our point of view.
- D. Catastrophes that occurred because we spoke to quickly.

Step Two promises when we have “cleaned house” our Higher Power will enter to expel our gambling obsession.

1. Open-mindedness alone is required.
2. Belief in open-mindedness is the plateau where all GA members can unite.

Discuss:

- A. Have we started to listen more and voice our views less? When did this begin?
- B. Are we open-minded or fixed in our beliefs? Why?
- C. Step One of the Recovery Program.