



AA Step 2: Belief Mapping Worksheet

This resource helps you understand your beliefs about a Higher Power in AA program language. If you need professional treatment for alcohol use, contact Ingrained for an assessment @ [\(844\) 450-1700](tel:(844)450-1700)

AA STEP 2:

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

SECTION 1: WHAT I BELIEVE TODAY

Circle or highlight any sentences that feel true for you right now:

I believe in God. | I am unsure what I believe. | I do not believe in God.
I believe in something greater than myself. | I reject spirituality. | I am open to change.

SECTION 2: WHAT HAS NOT WORKED FOR ME

List 3 ways you have tried to manage addiction on your own:

1. _____
2. _____
3. _____



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SECTION 3: WHAT FEELS BIGGER THAN ME

List the values or principles that feel bigger than you (Ex, helping my community, kindness)

1. _____
2. _____
3. _____

SECTION 4: WILLINGNESS VS. BELIEF

You may not fully believe when you start Step 2. Answer the questions below honestly:

What am I willing to be open to right now?

What am I not ready for yet?

SECTION 5: DEFINING MY HIGHER POWER

Complete the following sentence:

A Power greater than myself could be_____.