



# 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. \_\_\_\_\_