

STEP 2 : Identification of the Solution

Came to believe that a power greater than ourselves could restore us to sanity

SANITY = Wholeness of mind ; the ability to recognize the truth >>>>>
Therefore, **INSANITY** = *Belief in a lie*

And – *the lie* is: "...*the subtle insanity which precedes the first drink.*" (p40:2)

"...referring to the stupid things we do while drunk... that's not insanity. The stupid things we do while drunk, that's caused by a mind that is filled with alcohol which lowers the inhibitions. And if your mind is filled with something that lowers your inhibitions, look out, you're going to do some pretty crazy stupid things all right. That's not insanity, that's caused by alcohol itself. And when it comes to alcohol from time to time it seems as though we're not quite all there ... cause we can't always see the truth about alcohol --- Can we or can we not see the truth? If we can see the truth, we're sane. If we can't, we're insane. When we make a decision based upon a lie, then we run into the truth, our life becomes an absolute living hell." (Charley Parmley, August 1998, Laughlin, Nevada)

So the insanity we refer to in the context of the second step is that brief moment *just before* the first drink when we are stone cold sober ("stark raving sober" – Joe McCoy) and tell ourselves that this time it will be different ("*the obsession that somehow... they will beat the game*" p. 23:2 / "*the idea that somehow...he will control...his drinking*" p. 30:1). We believe in that lie, are then unable to recognize the truth, and are therefore, at that moment, considered to be insane.

Where do we find the Power that could do for us that which we could not do for ourselves?

We find that Power in two places.....the *Power of the Fellowship*, which *helps, supports and directs* us to the *Power of the Vital Spiritual Experience* through the 12 steps which *changes* us...."And we're not going to recover without both of them." (Charley Parmley, August 1998, Laughlin, Nevada)

*"We needed to ask ourselves but one short question. **Do I now believe, or am I even willing to believe, that there is a Power greater than myself?**" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built."* (p 47: 2)

Do you now believe, or are you even willing to believe that there is a Power greater than yourself?

Did you answer "Yes" to this question? *If you have, you're through with Step Two and it's time to move on to Step Three!*

For those of you who have done a Second Step in the past, there is a deeper Step Two question to address:

Do you now believe, or are you even willing to believe, that there is a Power greater than yourself that can take you beyond where you are now in EVERY area of your life?

Past here, past the experience you've already had. Do you believe that there are realms of peace, love, freedom, happiness and understanding – areas of consciousness, wisdom and power that you cannot even imagine?