


The background of the top half of the slide is a dark blue color. It features several faint, light blue circular patterns. On the left side, there is a large circular scale with tick marks and numbers ranging from 40 to 230 in increments of 10. To the right of the scale, there are several smaller circular elements, some with arrows indicating clockwise or counter-clockwise rotation. The overall aesthetic is technical and modern.

STEP TWO: CAME TO BELIEVE

THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY



READ 'STEP TWO' FROM
THE CO-DEPENDENTS
ANONYMOUS "BLUE
BOOK" LOCATION 538-587

[Kindle \(amazon.com\)](#)

THE INSANITY OF CODEPENDENCY

“Continuing to act in a self-destructive manner, no matter how well-meaning we believed we were, was insane. And once this behavior became compulsive, any belief we held that we could control it on our own was equally insane”- CoDA BLUE BOOK

SARAH'S STORY

“I CAME IN AS AN OVEREATER, THEN PICKED UP BULIMIA AND ANOREXIA. I BECAME A SEX ADDICT, A RELATIONSHIP ADDICT AND A PILL ADDICT”



A POWER GREATER THAN OURSELVES

“We don’t have to begin with a complex understanding of a Higher Power. We can start where we are, with whatever amount of belief or disbelief we have at the moment”

-Melody Beattie “Codependent’s Guide to the 12 Steps”

This Program is SPIRITUAL, not Religious. “The steps were written to be compatible with ALL religious and denominational beliefs. They were also intended to be accessible to those without religious or denominational beliefs”

HIGHER POWER

What it could be

Good Orderly
Direction

Gift of
Desperation

Nature

The Universe

A home group

What it isn't

A significant
other

Ourselves

A family member

A friend

Another human
being

“Struggle with the Higher Power concept. Struggle all you need to. Most of us have.

Struggle until you find your Higher Power and Know your God cares about the largest and most minute details of your life.”

[Chapter 4: We Agnostics – Big Book Sponsorship](#)



“ Do not worry about how it will happen. Do not worry about when it will happen. All we need will be given to us, done for us. We are in the process of becoming changed. All we need to do is believe ”

“The transformation will take on a life of its own if we let it.”

Melody Beattie – Codependent’s Guide to the 12 Steps

STILL STRUGGLING?

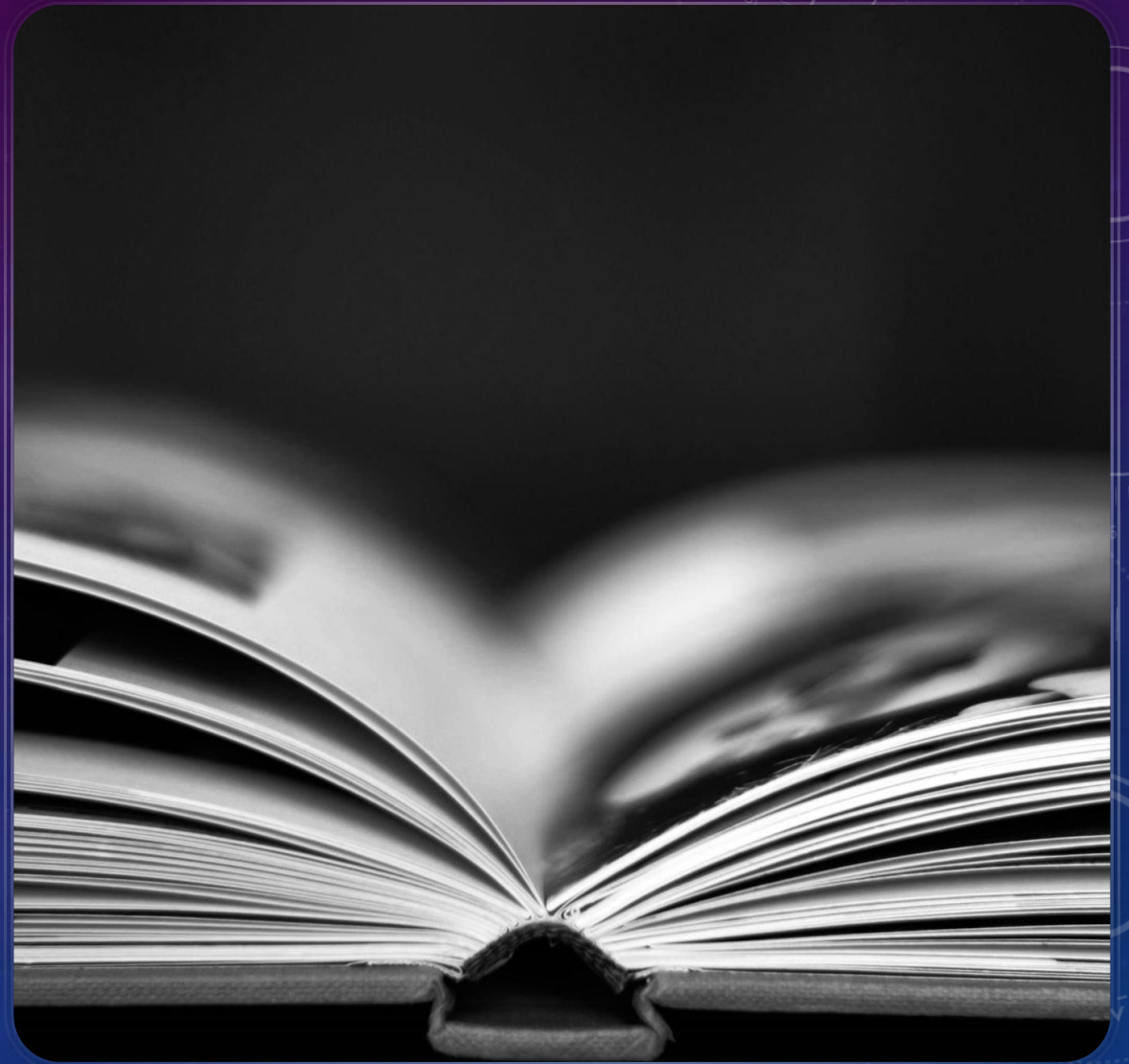
Check out Chapter Four in the “Big Book” of Alcoholic’s Anonymous:

[Chapter 4: We Agnostics – Big Book Sponsorship](#)

WILLING TO EXPLORE

Make a list of attributes of a Higher Power with whom you would like to have a relationship. What do you really want from your God?

-FROM THE 30 QUESTIONS PDF ON CODA.ORG



**DISCUSS BUILDING
YOUR OWN CONCEPT
OF A HIGHER POWER.**

**WHERE HAVE YOU
PUT YOUR MISPLACED
FAITH IN THE PAST?**

**DISCUSS SURRENDER
AND LETTING GO OF
YOUR CONTROLLING
AND AVOIDANCE
BEHAVIORS.**



Codependents' Guide to the Twelve Steps:

Beattie, Melody: 9780671762278:

Amazon.com: Books

Co-Dependents Anonymous: CoDA:

9780964710504: Amazon.com: Books

ThirtyQuestions final.pdf (coda.org)

Twelve Steps & Twelve Traditions Workbook

(Spiral Binding) - CoRe Publications

Chapter 4: We Agnostics – Big Book

Sponsorship

RESOURCES