

2<sup>nd</sup> Step Agnosticism Exercise: - with example:

1. *Where am I currently experiencing unmanageability* [these can be found using the step one Unmanageability Exercise]
  - a. I am having trouble with relationships at work.
2. *What are the results of the problem?*
  - a. I am quick to feel slighted, and am overly sensitive to criticism.
  - b. I have found myself acting out in anger and frustration in the workplace.
  - c. I experience guilt and shame at my behavior.
  - d. I am fearful of reprimand or being fired.
  - e. I awake in a bad mood and live each day looking forward to 5 O'clock.
3. *What are some methods I have tried to remedy this situation?* [Clearly, our ideas didn't work...]
  - a. Calling in for 'mental health days',
  - b. renewing my determination that 'today I WILL NOT act out' (with and without solemn oath),
  - c. avoiding certain situations and co-workers,
  - d. asking for feedback from others,
  - e. praying for my situation to change
  - f. confessing these problems to my supervisor in the hopes of pity,
  - g. sharing about it in meetings.
4. *What methods have I not tried?* [do I still think that things will work out better if I manage better?]
  - a. I cannot think of any – I am at my wit's end.
5. *Do I now believe that my only choices in this situation are to go on to the bitter end, blotting out the consciousness of the intolerable situation, or to accept spiritual help?* [Do I believe that I am being crushed by a self-imposed crisis that I can neither postpone nor evade?]
  - a. Yes. Without help, I am completely without hope of remaining in a position of neutrality, and I may very well drink again.
6. *What is the AGNOSTICISM (the belief that God either cannot, or will not, help me with this) that is keeping me in self-reliance in this area of my life?* [We asked ourselves why we shouldn't apply the same readiness to change to these matters...pg 52]
  - a. I believe that God is unconcerned with my physical and material well-being – that He wants me to suffer on the physical plane so that I will look for spiritual solutions.
  - b. I am afraid to bother Him with this problem, because He has more important things to do.
  - c. I believe that God does not really love me, but has merely helped me in the past out of something like pity.
  - d. I am afraid that I have been deluding myself, and that in fact there is no GOD, and I do not want to see that.

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