

Step Two Sanity Exercise

We move toward and become like that which we think about. In order to get to where we want to go, we need to find out where we are (Step One), we also need to figure out where we're going (Step Two), and then we need to come up with how to get there (Steps Three through Twelve). In other words, we locate where we are in the following left columns, then in a meditative and prayerful way we create our personal vision for a recovery and sanity ideal of what we want to move toward in the following right columns. We ask ourselves, "What would my life look like if I didn't have this unmanageability?" The idea behind this is that if we believe that God can restore us to sanity, what would sanity look like in these fifteen areas? We create a sanity ideal for the future in the right column by setting a goal for each of the areas of unmanageability in the left column. – Barefoot Bill

STEP ONE – UNMANGEABILITY <i>What does my life look like now?</i>	STEP TWO – A SOBER VISION OF SANITY <i>How would I like it to be, or what does sanity look like in these areas?</i>
1. I am restless, irritable (which means "easily annoyed") and discontented (which means "never satisfied").	
2. I'm having trouble in personal relationships.	
3. I can't control my emotional nature.	
4. I'm a prey to misery and depression.	
5. I can't make a living (which includes a career, finances, AND making a successful life).	
6. I have a feeling of uselessness.	
7. I am full of fear.	
8. I am unhappy.	

Step Two Sanity Exercise (continued)

STEP ONE – UNMANGEABILITY <i>What does my life look like now?</i>	STEP TWO – A SOBER VISION OF SANITY <i>How would I like it to be, or what does sanity look like in these areas?</i>
9. I can't seem to be of real help to other people.	
10. I am like the actor trying to run the whole show. I arrange the scenery & all the players because I know what's best for everyone.	
11. I'm driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity; so I step on the toes of my fellows & they retaliate.	
12. I'm an extreme example of self-will run riot, though I usually don't think so.	
13. I lead a double life by presenting a stage character so I can enjoy a certain reputation, but I know in my heart I don't deserve it.	
14. I'm like a tornado roaring my way thru other's lives. Hearts are broken. Sweet relationships are dead. Affections are uprooted.	
15. My selfish and inconsiderate habits have kept my home in turmoil.	

After filling this out completely, ask yourself an important Step Two question: Are you able to bring about in your life these right column sanity ideals without God's help? YES___NO___. (By the way, you start moving toward these right column ideals AFTER you work ALL 12 Steps!)