Step 2: Coming to Believe

> *"Constantly regard the universe as one living being, having one substance and one soul."*
>
> Marcus Aurelius, Meditations 4.40 (tr. Long)

You do not need to settle any big questions to work Step 2. Marcus saw himself as one part of a larger whole, and found steadiness in that. Start with what you have seen with your own eyes, and stay open about the rest.

What my drinking has looked like, again and again

The same thing, expecting a different result.

What a sane ordinary day would look like

Not a revelation. A Tuesday that goes well.

A power greater than me could be...

- [ ] The group, and the people in it who have recovered
- [ ] Reason, nature or the order of things
- [ ] God, as I understand God
- [ ] The people who love me and want me well
- [ ] I do not know yet, and I am willing to stay open

Evidence I have already seen that people recover

People I have met, heard or read about.

One open-minded step I can take this week

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