

Step 2

**Came to believe that a Power greater than ourselves
could restore us to sanity.**

The guiding principle of this Step is Hope.

In Step 1, we accepted that we have a problem with cluttering, which has progressed to an addiction. Now we move forward into the domain of hope. Powerless to solve our problem with clutter alone, we turn to a Power greater than ourselves. The only solution to our challenges is to entrust them to this Power. We ask for help with thinking and acting rationally about clutter. This is the key to our recovery. It is also the permanent solution we have desired in our lives.

Our Members come to Clutterers Anonymous with a variety of beliefs about the nature of a deity. Some are atheists. Others call themselves agnostics. Some believe that GOD stands for Good Orderly Direction or Gift Of Desperation. Others have come from various 12-Step programs and already have a working relationship with a Higher Power. Still others have a firm belief in a personal God, a supreme being. No matter what our starting belief is, we all must seek and find a Higher Power that works with us.

Our Higher Power can be the universe, our group, our best selves, or any source of strength and hope that can help us with our clutter by leading to a change in our thoughts, emotions, beliefs, and actions. Most of us come to believe that our Higher Power, which many of us call *God*, accepts, heals, and loves. We must be open to our Higher Power's guidance to succeed at working the 12 Steps and thus attain a clutter-free life. Our Sponsor or Co-Sponsor can suggest prayer and meditation and model how to lean on a Higher Power.

Some of us have understandable resistances to religion and the idea of a Higher Power as a solution. We were discouraged, forced to comply, abused, or betrayed before entering a 12-Step program.

Clutterers Anonymous is a spiritual, not religious, program. We seek and find a Higher Power who will partner with us. There is no obligation, dogma, or formal structure in our quest for a Higher Power.

Keep asking for a Higher Power to become obvious to you, until it happens. This Higher Power of your understanding works for you. No one forces this belief on you.

Help from Clutterer Anonymous is not material. It is made of love, insight, sharing of experience, and the free giving of what has been freely received. The whole program is spiritual.

This Step is two-fold:

1. We become willing to ask for assistance from a Higher Power.
2. We begin to believe that our Higher Power is ready, willing, and able to remove from us the weight of clutter—giving us tools and restoring us to reason so we can achieve and maintain a clutter-free life. We have seen other clutterers recover thanks to their Higher Power and we want that experience for ourselves.

The following questions will help you find a Power greater than yourself:

1. How do I define *insanity*?
 - a. Does that include magical thinking?
 - b. Does that include relying on unlikely events to occur?
 - c. Does that include ignoring reality?
 - d. Does that include repeating a thought or action in the same manner and expecting different results?
2. In what ways am I insane with:
 - a. My possessions?
 - b. My relationships?
 - c. My pets?
 - d. My communication style?
 - e. Time management?
3. What does it mean to me to be *self-sufficient*?
 - a. Do I think that self-sufficiency is desirable?
 - b. Do I think that my clutter keeps me self-sufficient, meaning not having to rely on others?
 - c. On the other hand, does my clutter keep me asking for accommodations?
 - d. How well has self-sufficiency worked for me?
 - e. Why?

4. What is my understanding of a *Power greater than myself*?
 - a. God?
 - b. Something or someone else?
 - c. A group?
 - d. The person I was meant to be?
 - e. My clutter?
 - f. What prevents this idea from being a Higher Power that can help me with my clutter?
5. Am I willing to believe in a Power greater than myself?
If not, what would convince me to believe?
6. Do I believe that the will of my Higher Power is for me to be free from clutter?
7. Do I believe that a Power greater than myself can and will help me, if asked? If not, what would convince me that this is true?

Until you can say, "In this Higher Power, I can trust," stay on Step 2. When you begin to believe in a caring Power greater than yourself, then you are ready to proceed to Step 3.