

Step 2 Exercise—Experience of your Higher Power

How do you experience:

- Love
- Grace
- Forgiveness
- Beauty
- Healing
- Kindness
- Consequences of your behavior—positive and negative
- The Sacred
- The support, direction, teaching of others
- Things that take away cravings (e.g. medications, recovery activities/groups)

Write as many ways that you concretely experience these aspects of your Higher Power in your life.