

STEP 4, WEEK 3 READING AND WRITING

This week's reading assignment:

Yellow workbook, pages 82-83 under the heading "Shame Inventory;"

Red Book pages 10-11, the "Trait 1" section under the heading "Reviewing the Laundry List;"

Red Book page 152, the paragraph titled "Step Four Is The Shame Buster"

Red Book page 162, #3: "Shame or Ashamed"

Red Book page 200, 1st paragraph

Red Book page 344, "What Is Shame? What Is Guilt?"

Red Book pages 440-442, starting at the paragraph "In addition to Step work, . . ."

Suggested supplemental reading:

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

Suggested supplemental text for 4th Step work:

The AlAnon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" - The sections on Shame (pgs. 46-47) and Guilt (pgs. 44-45) are especially useful for this week's 4th Step work.

This week's step study questions:

Exercise 3, Shame Inventory on pages 82-83 of the yellow workbook. The following journaling outline is taken from this exercise:

Page 2

Step 4 Week 3

List incidents in which you felt shamed by your parents or caregiver. In addition to sexual abuse or harsh cursings, shame can come from calm statements by parents about appearance, speech, dress, and mannerisms. Some shame can be uttered in tones of sarcasm, overly critical judgments, and hurtful comments veiled as teasing or jokes.

Page 3

Step 4 Week 3

The difference between appropriate parenting that corrects with love and affirmation, and shame which destroys the spirit, is how you feel about the act or comment. Shame tends to make you feel isolated, inferior, and unwanted. Discipline from loving parents can cause discomfort, but you still believe that you have worth and that you are loved despite your mistakes.

Page 4

Step 4 Week 3

List examples of shaming incidents you experienced in your family of origin. Try to include as many details of the incidents as possible, including your age, where you were, what was said, and how your body reacted to the shame.