

STEP 7, WEEK 2 READING AND WRITING

This week's reading assignment: Yellow workbook pages 124-130

Red Book pages 111-112, the heading titled "Character Defects vs. Laundry List Traits"

Red Book Chapter 8, "The Solution: Becoming Your Own Loving Parent" in full.

Suggested supplemental reading: Same as Step 7, Week 1

Tradition One (the tradition for the month of January) in depth on pages 491-496 of the Red Book

This week's step study questions are excerpted from the Step Seven worksheet on <http://12-steps-recovery.com>:

1. Where do you feel most supported and helped in your strivings for recovery?

What person, situation, event, or thought restores your hope?

Is there a way to maximize those influences? If so, then how?

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2. What are you grateful for?

**3. When do you think that life has been especially good for you?
When did you have the greatest joy?**

4. What would you do if you were granted three wishes?

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5. Describe in detail what you think that your life will be like with your defects of character removed from you.

What do you think that you can do to leave the world a better place and accomplish your mission in life?