

## **STEP 11, WEEK 1 READING AND WRITING**

### **Reading assignment for this week:**

Yellow workbook pages 162-171 Red Book chapter 12, “Relapse”

### **Suggested supplemental reading:**

Melody Beattie, “Codependents Guide to the Twelve Steps,” the Step Eleven chapter, pages 168-181 of the 1990 edition.

The book “Days of Healing, Days of Joy: Daily Meditations for Adult Children” by Earnie Larsen and Carol Larsen Hegarty.

Tradition Three (the tradition for the month of March) in detail on pages 503-507 of the Red Book

**This week’s step study questions are adapted from the yellow workbook, the Step Eleven worksheet on <http://12-steps-recovery.com>, and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:**

1) How would you describe your beliefs about God and a Higher Power to a child?

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**2) What are your favorite sources of wisdom and knowledge about healthy values?**

**3) Have you begun the discipline of prayer in your life? What does that consist of? What are your feelings and fears about praying, about talking to [your Higher Power?] What time of day works best for prayer? Do you have a favorite place? (© Melody Beattie, Codependents Guide)**

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**4) How do you meditate? Do you like meditation books or tapes? Which are your favorites? When is your best time for reading a meditation? Have you experimented with any other forms of meditation? (© Melody Beattie, Codependents Guide)**

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**5) What other activities help you relax and get in touch with yourself?  
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