

STEP 5, WEEK 2 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 112-116, starting with the section titled "Grief: The Onion and Time"

"The Solution" "The Solution" on page 590 of the ACA Red Book (also in the first few pages of the workbook), with a particular emphasis on the second paragraph

Red Book pages 295-302, through the section titled "Loving Parent," and pages 326-327, "What We Can Expect From Reparenting Ourselves."

Suggested supplemental reading:

Sharecare's online article about caring for oneself while grieving:

<http://www.sharecare.com/health/grief-emotional-health/how-care-myself-while-grieving>

Al-Anon's book, "Opening Our Hearts, Transforming Our Losses," available from Al-Anon's online store or on Amazon.com.

Melody Beattie, "Codependents' Guide To The Twelve Steps," pages 91-96 of the Step Five chapter, beginning with the heading titled "Setting Ourselves Free" and continuing through the end of this chapter.

Tradition Twelve (the tradition for the month of December) in depth on pages 549-554 of the Red Book

This week's step study questions are adapted from the yellow workbook, Red Book Chapter 8, and from "Codependents' Guide" with Melody Beattie's permission:

1. What actions will you take to free yourself from the burden of unexpressed grief? (Hint: this week's yellow workbook reading contains several suggestions.)

2. List the ways you will comfort and care for yourself while you are doing your 5th Step grief work.

3. Is there someone in your life now whom you need to talk to?

Is there something going on ~ a feeling, a need, or an issue ~ that you don't want to talk about, but need to?

Is there someone you're avoiding because you have something difficult to say? (Copyrighted by Melody Beattie, "Codependents' Guide to the Twelve Steps.")

4. In the past week, have you treated yourself or another person badly?

Are you willing to tell a safe and trusted person what you have done?

Are you willing to tell your Higher Power what you have done? (Excerpted from Melody Beattie's copyrighted book, "Codependents' Guide to the Twelve Steps.")