

STEP 12, WEEK 1 READING AND WRITING

Reading assignment for our final meeting in this step study series:

Yellow workbook, pages 173 to 183

Red Book pages 590 and 591, “The Solution” and “The Promises”

Red Book chapter 10, “The Importance of Service in ACA”

Suggested supplemental reading:

Melody Beattie, “Codependents Guide to the Twelve Steps,” the Step Twelve chapter, pages 182-198 of the 1990 edition.

Red Book chapter 11, “ACA Sponsorship – Fellow Travelers”

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 and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:

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1) How has your relationship with yourself changed since you began recovery?

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How do you treat yourself differently now? How does it feel when you treat yourself well and in a nurturing, loving manner? (© Melody Beattie, Codependents Guide)

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2) How have you grown spiritually since you began your recovery?

How would you describe your spiritual awakening? (© Melody Beattie, Codependents Guide)

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3) How will you “give it away to keep it”? How will you carry the message to others who still suffer?