

STEP 10, WEEK 4 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 147-152 Red Book pages 10-18
Tradition Three (the tradition for the month of March) in detail on
pages 503-507 of the Red Book

Suggested supplemental reading:

Tradition Two (the tradition for the month of February) in detail on
Red Book pages 497-502

**This week's step study questions are excerpted from
the yellow workbook, the Step Ten 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) Complete the Personal Inventory exercise on page 158 of the
yellow workbook, then please share your answers to the following
questions with the group as you are willing:

h. Am I attending ACA meetings to nurture myself and to give back
what was given to me?

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i. Have I acted helpful recently to manipulate others?

j. Am I secretly angry at someone, but I am avoiding talking about it?

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k. Have I listened to my Inner Child or True Self today?

l. Did I judge myself or someone else without mercy today?

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m. Am I listening to the Critical Parent or Loving Parent?

n. Am I remembering that I can ask for help today and that I can call someone?

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2) How will you continue your process of self-awareness and inventorying?

Will you spend time each morning or evening reviewing your day?

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Or will you allow your insights to happen naturally, as you go through life and recovery?

Will you combine tactics? What method(s) do you think will work best for you? ?(© Melody Beattie, Codependents Guide)