

STEP 4, WEEK 10 READING AND WRITING

****BEFORE COMPLETING THIS WEEK'S READING AND JOURNALING WORK**, please carefully consider the following advice from David Richo's excellent book, "When The Past Is Present":**

"Some of our experience is too sensitive to be dealt with now ~ or at all ~ so our repression is in favor of our health. What we call resistance or denial might be in our best interest. . . . Memories undiscovered may be less harmful than memories confronted when we are too fragile to handle them. . . . It is important for us to calibrate the load-bearing capacity of our psyche. How much of ourselves can we safely know?"

Please complete the following Steps work only if it feels safe and appropriate for you:

Yellow workbook pages 96-100.

PLEASE MAKE SURE TO READ THE SECTION ON PAGE 98 UNDER THE HEADING "A WORD OF CAUTION" FIRST, BEFORE COMPLETING THIS ASSIGNMENT.

Red Book page xxviii, the paragraph beginning "When Dr. Silkworth . . ."

Red Book page 119, under the heading "My Body Is Remembering What Happened"

Red Book page 160, the first paragraph under the heading "Step Four Worksheets and Assignments"

Suggested supplemental readings:

Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

This week's step study questions:

Yellow workbook page 101, the section titled "PTSD Worksheet." The following questions are adapted from the workbook:

"Describe an event or trigger that may have caused or become associated with post-traumatic stress for you. How old were you when the event or trigger happened?"

What is your reality of what happened?

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What was your parents' message of what happened?

What symptom, ritual, or funny habit did you develop as a result of the event?

Where in your body is the trauma from the event stored?

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What type of body sensation does the memory of the event or trigger cause?

Step 5 Prep

NOTE: STEP 5 BEGINS Tuesday, October 9, 2018

NOTE: We begin our 5th Step work in two weeks.

The following email from the Adult Children of Alcoholics World Service Organization (ACAWSO) explains how to partner with another to complete your 5th Step:

Read the BRB concerning sponsorship and fellow traveler - see the index. Our program has been tailored for people to share the experience with one another so as not to have one person who 'knows a lot' being up above another. I know that may sound a little scary, but as children we were told what to do and when to do it so this gives each of us the responsibility to re-parent themselves.

The yellow 12 step workbook can be filled in individually and then each 'pair' can tell the other person what they found out about themselves. **Also, please remember that women pair with women and men with men - since we have 'separate' ways of focusing or thinking.**

Hopefully, the members of your meeting can decide who they want to sponsor within the meeting, or perhaps with someone else such as a counselor or good friend.