

STEP 3, WEEK 1 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 57 – top of page 62

Red Book pages 106 – 108, section titled “Examining Spiritual Beliefs”

Suggested supplemental reading:

Red Book Chapter 8 *"THE SOLUTION: Becoming Your Own Loving Parent"*

Tradition Eight (the tradition of the month for August) in depth on pages 527-531 of the Red Book

Suggested supplemental text for 3rd and 4th Step work:

The AlAnon workbook titled “Blueprint for Progress: Al-Anon’s Fourth Step Inventory, Revised” (copyright date 2004, with the black text and deeper blue-and-white-checked cover; available from Al Anon or on Amazon.com.) The section on Spirituality (pgs 84-86) is useful for in-depth Third Step work.

This week’s step study questions are found on page 65 of the yellow workbook under the heading “Step Three Questions and Information”:

Page 2

Step 3 Week 1

1. Did I pray to a Higher Power and never seem to have prayers answered?

2. What was I told about God by my parents, religious leaders and friends? Was I allowed to ask questions?

Page 3

Step 3 Week 1

3. If I drew a picture of God or the Divine Power of the Universe, what would it look like?

4. What was I told about prayer by parents, religious leaders and friends?

5. Was it acceptable for me to be angry at a Higher Power?