

STEP 2, WEEK 3 READING AND WRITING

Reading assignment:

For Question 13: Red Book pg. 336, “What is the False Self? Am I Being Phony?”, and Red Book pages 10-18, “Reviewing the Laundry List”

For Question 14: Red Book pgs 148-149, “A Word About Religious Abuse”

For Question 15: Red Book pgs 123-125, “Hitting Bottom”, and Red Book pgs. 65-73, “Hitting an ACA Bottom”

For Question 17: Red Book pg 337, “What is the Inner Child? I am Not Sure I Have an Inner Child” and Red Book pgs. 304-306, “Tools and Techniques for Connecting With Our Inner Child”

Yellow workbook pages 44 – 50 (Red Book pages 130 – 135)

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Suggested supplemental reading:

Tradition Seven (the tradition of the month for July) in depth on pages 522-526 of the Red Book

This week's step study questions are found on pages 51 – 52 of the yellow workbook under the heading "Step Two Questions and Directions":

13. Do I act like one person in the privacy of my home and another person in public? (List an example.)

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14. Was there religious or spiritual abuse in my life? Can I talk about such abuse?

15. Have I injured myself physically or been involved in risky behavior and not realized this could have been an adult child “bottom?”

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16. Do I binge eat, gamble, have sex, take drugs or spend money when I feel upset or unsettled? Do I feel insane doing this? (List an example.)

17. Have I asked my Inner Child or True Self what sanity is?