

## **STEP 1, WEEK 1 READING AND WRITING**

### **Reading assignment:**

Yellow workbook pages 4-7 and 20-27;

Red Book pages 573-575, the “Cross Talk” through “Fixing Others” paragraphs

### **Suggested supplemental reading for Step 1:**

The first 100 pages of the ACA Red Book (to be read over several weeks)

Tradition One (the tradition of the month for January) in depth on pages 491-496 of the Red Book

The Step One chapter of “A Codependent’s Guide To The Twelve Steps” by Melody Beattie

“Days of Healing, Days of Joy: Daily Meditations for Adult Children” by Earnie Larsen and Carol Larsen Hegarty

**This week’s step study questions are found on pages 27-28 of the yellow workbook “Twelve Steps of Adult Children” under the heading “Step One Questions”:**

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Step 1 Week 1

1. Who was the alcoholic or addicted parent in my family?

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Step 1 Week 1

2. Who was the hypochondriac parent or person in my family?

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Step 1 Week 1

3. Who was the sexually abusive parent or person in my family?

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4. Who was the militaristic, rigidly harsh parent or person in my family?

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5. Who was the emotionally ill parent or person in my family?

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Step 1 Week 1

6. Who was the perfectionistic parent or person in my family?

**ALSO SEE: Pages 34-43 of the yellow workbook, to be completed over our several weeks of Step One work**