

STEP 2, WEEK 2 READING AND WRITING

Reading assignment:

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

Suggested supplemental reading:

Tradition Six in depth on pages 518-521 of the Red Book

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

7. What messages did my parents or relatives use to invalidate my perceptions?

Page 2

Step 2 Week 2

8. Did I numb my feelings or dissociate when my parents cursed, criticized or mistreated me?

9. Do I say I feel insane when in reality I am avoiding naming my feelings?

Page 3

Step 2 Week 2

10. Do I secretly believe I am insane or believe I have an incurable brain disorder?

11. Did my parents abandon me by telling me I was emotionally ill or unstable?

12. Do I feel “crazy” but keep my feelings inside and never talk about such thoughts?