

## **STEP 4, WEEK 1 READING AND WRITING**

### **This week's reading assignment:**

Yellow workbook pages 72-78

The Laundry List, on the first few pages of both the Red Book and the yellow workbook

Red Book page xxvi, "ACA Disease Model ~ Adult Child"

Red Book page 150, "A Picture Is Worth A Thousand Words"

Red Book page 153, "Getting Started On Step Four"

Red Book page 302, "The Inner Child ~ True Self"

"The Problem" on page 589 of the ACA Red Book;

### **Suggested supplemental reading:**

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

**This week's step study questions are on pages 79-81 of the yellow workbook. The following questions are adapted from the Laundry List Worksheet on page 81 of the workbook:**

**Describe a childhood incident that might have helped create a Laundry List trait. What caused the event?**

**Page 2**

**Step 4 Week 1**

**How did it make you feel? (Hint: see the feelings list on pages 77-78 of the yellow workbook.)**

**What was your Inner Child's reaction? Which Laundry List trait might have developed as a result of the event?**