

## **STEP 2, WEEK 1 READING AND WRITING**

### **Reading assignment:**

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

### **Suggested supplemental reading:**

**Tradition Six (the tradition of the month for June) in depth on pages 518-521 of the Red Book**

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

**This week’s step study questions are found on pages 50 – 51 of the yellow workbook under the heading “Step Two Questions and Directions”:**

**1. What is my definition of insanity? Clarity?**

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**2. Am I recreating my family-of-origin dynamics of fear, excitement and pain in my current relationships?**

**Am I setting up my own abandonment?**

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**3. Am I reenacting my family system through my current relationships? While this feels “normal,” or familiar, is this a form of insanity? Or a lack of clarity? Or a lack of boundaries? Or one or several of the 14 traits?**

**4. Were my responses to the abuse in my family insanity or a defense mechanism?**

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**5. Did I daydream or dissociate to escape my family abuse, neglect or indifference?**

**6. What did my parents say or do to undermine my reality when I complained about abuse or inappropriate behavior?**