

STEP 6, WEEK 2 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 117-123

Red Book pages 111-112, the heading titled "Character Defects vs. Laundry List Traits"

Red Book Chapter 8, "The Solution: Becoming Your Own Loving Parent" in full.

Suggested supplemental reading: Same as Step 6, Week 1

This week's step study questions:

1. What does it mean to you to be entirely ready to have your character defects removed?

What would you be doing in your day-to-day life if you were entirely ready, and what would you stop doing?

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2. The recovery literature teaches us that our character strengths will rush in to expand and fill the space in our personalities formerly occupied by our character defects. Make a list of your character strengths. Which of your character strengths do you believe will be heightened and expanded by the removal of which of your character defects? (Excerpted from <http://12-steps-recovery.com>'s Step Six worksheet.)

3. Make a list of everything you would like changed about yourself. Include on it the things you would like to stop doing, things you would like to start doing, any family-of-origin work you'd like to accomplish, things you'd like to get and have. Put everything you'd think of on the list, everything you'd like to be part of your future. {Moderator's note: please share your list with the group as you are willing and able.} Then put the list away and let go of everything on it. (From "Codependents' Guide" with Melody Beattie's permission.)

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4. Do you believe it's safe to trust {your Higher Power} and this process called recovery? (From "Codependents' Guide" with Melody Beattie's permission.)