

STEP 2, WEEK 8 READING AND WRITING

Reading assignment for this week:

Red Book pages 135 – 137

Suggested supplemental reading:

“Codependent’s Guide to the Twelve Steps” by Melody Beattie, pages 40 - 45.
Tradition Eight (the tradition of the month for August) in depth on pages 527-531 of the Red Book

Suggested supplemental exercises: Yellow workbook pages 55 - 56

This week’s step study questions are found on page 55 of the yellow workbook under the headings “Sanity/Higher Power” and “Step Two Spiritual Principles: Open Mindedness and Clarity”:

6. Will I consider the possibility that I can face my emotions with help from my sponsor and ACA friends?

Page 2

Step 2 Week 8

7. Can I come to believe there is hope for me?

1. Is my behavior as an adult, no matter how bizarre or self-defeating, a response to being raised in an alcoholic or dysfunctional home?

2. Can I believe or be open to the promise of another way to live with clarity in ACA?

3.. Am I open to the possibility that being an adult child is a spiritual problem rather than a mental problem?