

STEP 4, WEEK 4 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 83-84, under the heading "Exercise Four: Abandonment Inventory"

Red Book pages 10-11, the "Trait 1" section

Red Book page 162, #2 "Abandoned"

Red Book page 486, the three paragraphs starting "There is not always violence . . ."

Suggested supplemental reading:

Bradshaw, John, "Bradshaw On The Family," pages 103-106.

Engel, Beverly, "Healing Your Emotional Self," pages 35-40.

Tradition Ten (the tradition of the month for October) in depth on pages 538-541 of the Red Book

Suggested supplemental text for 4th Step work:

Multiple sections of the AIA non workbook are useful for in-depth Fourth Step work. Meeting members who have already completed a yellow workbook Step Four may wish to expand your 4th Step work by journaling on the "Blueprint for Progress" questions.

This week's step study questions:

Yellow workbook page 84, "Abandonment List":

List the times you felt abandoned by your parents or caregiver. List your age, the location of the abandonment, and any other details you can remember.

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