

STEP 7, WEEK 1 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 124-130

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:

"Drop The Rock: Removing Character Defects ~ Steps Six and Seven" by Bill P., Todd W., and Sarah S., page 57-91 (the Step Seven section.) Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Seven chapter, pages 107-115 of the 1990 edition.

Tradition Twelve (the tradition for the month of December) in depth on pages 549-554 of the Red Book

This week's step study questions are excerpted from the Step Seven worksheet on <http://12-steps-recovery.com>:

1. What character defects do you think will be the most difficult to give up? Why? In what order do you plan to give them up?

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2. What kind of situations, stressors or pressures cause you to regress back into your defects of character? What can you do to lessen the likelihood of that stress occurring?

3. What makes you lose hope? Can you avoid such situations? If so, then how?

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4. What would you like to recapture in your life?

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5. Describe your typical day's activities in terms of how much time you spend on each type of activity.

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Next, describe your typical day's activities if you knew that you had only one year to live. Have you made the correct decisions about how to spend time with loved ones, in solitude and with your discretionary time? If not, how would you like to change it?