

## **STEP 10, WEEK 2 READING AND WRITING**

### **Reading assignment for this week:**

Yellow workbook pages 147-152

Red Book pages 10-18

### **Suggested supplemental reading:**

Patrick Carnes, “A Gentle Path Through The Twelve Steps,” the Personal Crazyness Index section.

Red Book Chapter 8, “The Solution: Becoming Your Own Loving Parent”

Tradition Two (the tradition for the month of February) in detail on Red Book pages 497-502

**This week’s step study questions are excerpted from the Step Ten worksheet on**

**<http://12-steps-recovery.com> in conjunction with the yellow workbook, and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:**

**Page 1**

**Step 10 Week 2**

**1) Complete the Traits 8 through 14 exercises on pages 155-157 of the yellow workbook. How have you, or might you, integrate some or all of the last seven Laundry List traits?**

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**Step 10 Week 2**

**2) What good did I do today? How was I loving and compassionate?  
Whom did I help today, and how?**

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**Step 10 Week 2**

**3) When was the last time you noticed yourself doing something you did feel good about? How did you express your gratitude and appreciation for the gifts you bring to the world?**

**4) What is good in my life today? Who is a blessing in my life today? Have I expressed my gratitude to that person?**