

STEP 2, WEEK 4 READING AND WRITING

Reading assignment:

Red Book pages 6 through 9, under the heading titled “Adult Children, Codependents;”

Red Book pg. 335, under heading titles “What is Codependence?” and “What is Para-Alcoholism?;”

Red Book pgs. 355-358, under the heading titled “Pain, Shutdown, and Survival”

Suggested supplemental reading:

Tradition Seven (the tradition of the month for July) in depth on pages 522-526 of the Red Book

Coda.org’s “Patterns and Characteristics of Codependence” at the following link:

<http://www.coda.org/tools4recovery/patterns-new.htm>.

“Codependent No More” by Melody Beattie, chapters titled “Codependency” and “Codependent Characteristics.”

This week’s step study questions are found on page 52 of the yellow workbook under the heading “Dependence and Codependence”:

Page 2
Step 2 Week 4

1. Do I tend to get involved in relationships with an addict or another compulsive personality such as a workaholic or sex addict?

2. Do I mislabel violent and chaotic relationships as “passionate” and “complex?”

Page 3
Step 2 Week 4

3. Do my relationships show a pattern of intensity, indifference and fits and restarts? Is blaming others a theme in my relationships?

4. Do I mask my need to control others by appearing cheerful or helpful?

Step 2 Week 4

5. Do I try to get my needs of love and happiness met by people, who cannot do enough for me or who cannot meet my expectations?