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STEP 1, WEEK 1 READING AND WRITING

Reading assignment:

Yellow workbook pages 4-7 and 20-27;

Red Book pages 573-575, the “Cross Talk” through “Fixing Others” paragraphs

Suggested supplemental reading for Step 1:

The first 100 pages of the ACA Red Book (to be read over several weeks)

Tradition One (the tradition of the month for January) in depth on pages 491-496 of the Red Book

The Step One chapter of “A Codependent’s Guide To The Twelve Steps” by Melody Beattie

“Days of Healing, Days of Joy: Daily Meditations for Adult Children” by Earnie Larsen and Carol Larsen Hegarty

This week’s step study questions are found on pages 27-28 of the yellow workbook “Twelve Steps of Adult Children” under the heading “Step One Questions”:

1. Who was the alcoholic or addicted parent in my family?
2. Who was the hypochondriac parent or person in my family?
3. Who was the sexually abusive parent or person in my family?
4. Who was the militaristic, rigidly harsh parent or person in my family?
5. Who was the emotionally ill parent or person in my family?
6. Who was the perfectionistic parent or person in my family?

ALSO SEE: Pages 34-43 of the yellow workbook, to be completed over our several weeks of Step One work

STEP 1, WEEK 2 READING AND WRITING

Reading assignment:

Yellow workbook pages 7-9 (ACA Red Book pages 101-104)

Red Book pages 573-575, the “Cross Talk” through “Fixing Others” paragraphs

Suggested Readings: Same as Step 1, Week 1

This week’s step study questions are found on pages 28-29 of the yellow workbook “Twelve Steps of Adult Children” under the heading “Powerlessness”:

1. How is powerlessness different than helplessness?
2. Do I understand that the effects of family dysfunction mentioned in Step One are the Laundry List traits?
3. List three effects of growing up in an alcoholic, addicted, or dysfunctional home. (Hint: any of the 14 common ACA traits.)
4. What was my role growing up in my dysfunctional home: lost child, hero, scapegoat, and rescuer? Other _____
5. How many of the common ACA traits of an adult child do I identify with in the Laundry List/Problem?
6. What does “don’t talk, don’t trust, don’t feel” mean?

STEP 1, WEEK 3 READING AND WRITING

Reading assignment:

Yellow workbook pages 7-9 (ACA Red Book pages 101-104)

Red Book pages 573-575, the “Cross Talk” through “Fixing Others” paragraphs

Suggested supplemental reading: Same as Step 1, Week 1

Tradition Five (the tradition of the month for May) in depth on pages 513-517 of the Red Book

This week’s step study questions are found on page 29 of the yellow workbook “Twelve Steps of Adult Children” under the heading “Powerlessness”:

7. Am I powerless over the effects of growing up in an addicted or dysfunctional family?
8. Do I use food, sex, drugs, alcohol, work, gambling or some other addictive behavior to an extreme? Am I powerless over these activities? (Give an example of powerlessness.)
9. Do I think I can change my parents or significant other by acting right, saying the right thing, or being perfect?
10. Do I think I caused my parent’s addiction and dysfunction and that I have the power to change it or control it?
11. Have I acted like a victim and acted helpless when in reality I was manipulating others to get what I thought I needed? Have I been rescued? (List an example.)
12. Have I been driven by a compulsion or obsession for another person that overpowers me and causes me to deny my own needs or take care of myself? (If so, detail how you denied your own needs.)

STEP 1, WEEK 4 READING AND WRITING

Reading assignment:

Yellow workbook pages 9-10 (ACA Red Book pages 104-106)

Red Book pages 573-575, the “Cross Talk” through “Fixing Others” paragraphs

Suggested supplemental reading: Same as previous weeks plus

The “Am I Codependent?” link on www.coda.org, which opens a document titled “Patterns and Characteristics of Codependence”

Tradition Five (the tradition of the month for May) in depth on pages 513-517 of the Red Book

This week’s step study questions are found on page 30 of the yellow workbook “Twelve Steps of Adult Children” under the heading “Unmanageable”:

1. What is my definition of being unmanageable or having an unmanageable life?
2. Do I think I can still control people, places, and things by acting right, perfect, or otherwise?
3. Do I think I have power over other people and can control their actions and thoughts?
4. Am I letting the thoughts, feelings and actions of others have power over me? (List an example if applicable.)
5. Do I allow the feelings or possible reactions of others to control me or to determine my behavior and choices? (List an example.)
6. What does it mean to be codependent?
7. Have my relationships created chaos, abuse, or predictable turmoil in my life? (List an example.)

STEP 1, WEEK 5 READING AND WRITING

Reading assignment:

Yellow workbook pages 23-25 (ACA Red Book pages 65-73.)

Suggested supplemental reading:

ACA Red Book “ACA—How It Works” pages 82-90

Tradition Five (the tradition of the month for May) in depth on pages 513-517 of the Red Book

This week’s step study questions are found on page 30-31 questions 8-14 of the yellow workbook “Twelve Steps of Adult Children

8. Has my behavior and thinking affected my job performance or my ability to relate to others?
9. What is my ACA “bottom” or bottoming out? Have I hit my bottom?
10. Has an obsession for another person, drugs, gambling, food or sex made my life unmanageable? How?
11. Is my manageable life actually controlling behavior, which I have mislabeled? (List an example)
12. Am I in denial about my controlling behavior?
13. Can I recover alone?
14. Do I relate to other adult children in meetings? How?

STEP 1, WEEK 6 READING AND WRITING

Reading assignment:

Yellow workbook pages 26 - 27; Red Book pages 22 - 23 and 27 – 34

Suggested supplemental reading:

Tradition Five (the tradition of the month for May) in depth on pages 513-517 of the Red Book

This week's step study questions are found on pages 31 – 32 of the yellow workbook under the heading "Denial":

1. Was I forced to depend upon an abusive or neglectful parent for food and shelter?
2. Did I ignore my feelings of shame, fear and neglect to survive my childhood?
3. Did I monitor my parents' feelings or moods to determine how I should feel? Was I only happy when my parents were happy and sad when they were sad? (List an example.)
4. Am I honest about how my parents treated me when I was growing up? Did I fear one parent or both parents?

STEP 1, WEEK 7 READING AND WRITING

Reading assignment:

Yellow workbook pages 26-27

Red Book 22-23, 27-34

Suggested supplemental reading:

Tradition Six (the tradition of the month for June) in depth on pages 518-521 of the Red Book

This week's step study questions are found on page 32 of the yellow workbook under the heading "Denial":

5. Did I fight with my brothers or sisters? Did I resent them? Did I protect them?
6. Do I say I am close to brothers or sisters but rarely visit them or talk to them?
7. Am I afraid to talk about my past because my siblings will challenge me or try to undermine my memories? They have told me to "Get over it."
8. Do I minimize my parents' behavior by saying "That was in the past. What is done is done." Or, "I don't look back. It does no good."

STEP 1, WEEK 8 READING AND WRITING

Reading assignment:

Yellow workbook pages 22 – 25

Suggested supplemental reading:

Tradition Six (the tradition of the month for June) in depth on pages 518-521 of the Red Book

This week's step study questions are found on page 33 of the yellow workbook under the heading "Powerlessness and Surrender":

1. What am I powerless over in Step One?
2. What does surrender mean to me?
3. If I surrender does that mean I will have no choices?
4. Am I willing to admit my family is dysfunctional?
5. Am I willing to admit I am powerless over the effects of growing up in a dysfunctional home and that my life is unmanageable?

STEP 2, WEEK 1 READING AND WRITING

Reading assignment:

Yellow workbook pages 44 – 50 (Red Book pages 130 – 135)

Suggested supplemental reading:

Tradition Six (the tradition of the month for June) in depth on pages 518-521 of the Red Book

The Step Two chapter of “A Codependent’s Guide To The Twelve Steps” by Melody Beattie

This week’s step study questions are found on pages 50 – 51 of the yellow workbook under the heading “Step Two Questions and Directions”:

1. What is my definition of insanity?
2. Am I recreating my family-of-origin dynamics of fear, excitement and pain in my current relationships? Am I setting up my own abandonment?
3. Am I reenacting my family system through my current relationships? While this feels “normal,” or familiar, is this a form of insanity?
4. Were my responses to the abuse in my family insanity or a defense mechanism?
5. Did I daydream or dissociate to escape my family abuse, neglect or indifference?
6. What did my parents say or do to undermine my reality when I complained about abuse or inappropriate behavior?

STEP 2, WEEK 2 READING AND WRITING

Reading assignment:

Yellow workbook pages 44 – 50 (Red Book pages 130 – 135)

Suggested supplemental reading:

Tradition Six in depth on pages 518-521 of the Red Book

This week's step study questions are found on page 51 of the yellow workbook under the heading "Step Two Questions and Directions":

7. What messages did my parents or relatives use to invalidate my perceptions?
8. Did I numb my feelings or dissociate when my parents cursed, criticized or mistreated me?
9. Do I say I feel insane when in reality I am avoiding naming my feelings?
10. Do I secretly believe I am insane or believe I have an incurable brain disorder?
11. Did my parents abandon me by telling me I was emotionally ill or unstable?
12. Do I feel "crazy" but keep my feelings inside and never talk about such thoughts?

STEP 2, WEEK 3 READING AND WRITING

Reading assignment:

For Question 13: Red Book pg. 336, “What is the False Self? Am I Being Phony?”, and Red Book pages 10-18, “Reviewing the Laundry List”

For Question 14: Red Book pgs 148-149, “A Word About Religious Abuse”

For Question 15: Red Book pgs 123-125, “Hitting Bottom”, and Red Book pgs. 65-73, “Hitting an ACA Bottom”

For Question 17: Red Book pg 337, “What is the Inner Child? I am Not Sure I Have an Inner Child” and Red Book pgs. 304-306, “Tools and Techniques for Connecting With Our Inner Child”

Yellow workbook pages 44 – 50 (Red Book pages 130 – 135)

Suggested supplemental reading:

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

This week’s step study questions are found on pages 51 – 52 of the yellow workbook under the heading “Step Two Questions and Directions”:

13. Do I act like one person in the privacy of my home and another person in public? (List an example.)

14. Was there religious or spiritual abuse in my life? Can I talk about such abuse?

15. Have I injured myself physically or been involved in risky behavior and not realized this could have been an adult child “bottom?”

16. Do I binge eat, gamble, have sex, take drugs or spend money when I feel upset or unsettled? Do I feel insane doing this? (List an example.)

17. Have I asked my Inner Child or True Self what sanity is?

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”:

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?”
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?
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?

STEP 2, WEEK 5 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”

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

This week’s step study questions are found on page 53 of the yellow workbook under the heading “Dependence and Codependence”:

6. Do I label myself as a “giver” but secretly resent others, who do not return my favors or listen to my advice?
7. Do I choose relationships based on people who are “beneath” me but who I can rescue and make “love me?”
8. Do I find myself in relationships with “dangerous” men or women because I feel alive amid the intensity? Did I ignore how he or she had harmed others by thinking I was “special” and would not be harmed?
9. Do I accept a high level of abuse from someone but don’t recognize the abuse?
10. Do I look outside myself for love and affirmation? (List an example.)

STEP 2, WEEK 6 READING AND WRITING

Reading assignment from last week:

Yellow workbook pages 10 – 11 and 44 – 45

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

This week's step study questions are found on page 53 – 54 of the yellow workbook under the heading "Came To Believe":

1. Does my God have similar behavior or features of my parents, i.e., harshness, indifference, distant, judging etc?
2. What do I remember being told about faith, belief, prayer and forgiveness?
3. Do I have a "getcha God," a God who keeps score and punishes me for mistakes?
4. Do I have an austere God, who seems hard to internalize or to approach in prayer?
5. Does God or the Power of the Universe hear my prayers?
6. Does a Higher Power love me?

STEP 2, WEEK 7 READING AND WRITING

Reading assignment for this week's work:

Yellow workbook pages 10 – 11 and 44 – 45

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

This week's step study questions are found on page 54 of the yellow workbook under the heading "Sanity/Higher Power":

1. Do I realize I may be the most sane member of my family because I am seeking recovery?
2. Do I realize I am not unique and that other adult children think and act like me?
3. Can I come to believe that I have had an inner strength all along that helped me survive an abusive childhood?
4. Can I come to believe that a Higher Power has been with me always and helped me survive until I could find ACA?
5. Do I believe I can love myself and ask for help? That I don't have to do this alone?

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: Openmindedness and Clarity”:

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

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?

STEP 3, WEEK 1 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 57 – top of page 62

Red Book pages 106 – 108, section titled “Examining Spiritual Beliefs”

Suggested supplemental reading:

Red Book Chapter 8

Tradition Eight (the tradition of the month for August) in depth on pages 527-531 of the Red Book

Suggested supplemental text for 3rd and 4th Step work:

The AlAnon workbook titled “Blueprint for Progress: Al-Anon’s Fourth Step Inventory, Revised” (copyright date 2004, with the black text and deeper blue-and-white-checked cover; available from AlAnon or on Amazon.com.) The section on Spirituality (pgs 84-86) is useful for in-depth Third Step work.

This week’s step study questions are found on page 65 of the yellow workbook under the heading “Step Three Questions and Information”:

1. Did I pray to a Higher Power and never seem to have prayers answered?
2. What was I told about God by my parents, religious leaders and friends? Was I allowed to ask questions?
3. If I drew a picture of God or the Divine Power of the Universe, what would it look like?
4. What was I told about prayer by parents, religious leaders and friends?
5. Was it acceptable for me to be angry at a Higher Power?

STEP 3, WEEK 2 READING AND WRITING

Reading assignment for this week:

Red Book pages 106 – 108, section titled “Examining Spiritual Beliefs”

Tradition Eight (the tradition of the month for August) in depth on pages 527-531 of the Red Book

This week’s step study questions are found on pages 65 - 66 of the yellow workbook under the heading “Step Three Questions and Information”:

6. Did my parents act one way during worshiping services and another way at home?
7. How does my attempt to control others or my emotions interfere with God working in my life? (Give a specific example.)
8. What is one area of my life I can begin to think about lessening my control urges?
9. Do I know how to have fun?

STEP 3, WEEK 3 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 62 through 64

Red Book Chapter 5

Suggested supplemental reading:

Melody Beattie, "Codependents' Guide To The Twelve Steps," pgs 46-48 (the first three pages of the Step Three chapter.)

Tradition Eight (the tradition of the month for August) in depth on pages 527-531 of the Red Book

This week's step study questions are found on page 66 of the yellow workbook under the heading "Made A Decision:"

- 1) What will happen if I make a decision to turn my will and my life over to the care of God as I understand God?
- 2) Can I talk to another ACA member about how they made a decision to turn over their will and life to a Higher Power?
- 3) Do I realize that the Higher Power that brought me to ACA is still with me and will never abandon me?
- 4) Do I realize that God is the actual parent and has been there for me all along?
- 5) Do I believe that God hears my prayers?
- 6) Do I understand that I am cared for by God no matter what I have done?

STEP 3, WEEK 4 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 62 through 64

Red Book Chapters 5 and 8

Suggested supplemental reading:

Melody Beattie, "Codependents' Guide To The Twelve Steps," page 49 under the heading "As We Understood God" in the Step Three chapter.

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

This week's step study questions are are found on page 67 of the yellow workbook under the heading "As We Understand God:"

- 1) Can I ask my Higher Power to be there for me no matter what happens?
- 2) Will I be abandoned by God if I don't work a perfect program of recovery quickly enough?
- 3) Why does God refuse to reject me or let me go when I feel unimportant or not worthy?
- 4) Can I ask a Higher Power to help me release my most glaring controlling behaviors?
- 5) How do I accept God's unconditional love for me?
- 6) What does reparenting myself have to do with Step Three? Who is the "actual parent?"
(Hint: Read The Solution on Red Book page 590.)

STEP 3, WEEK 5 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 62 through 64

Red Book Chapters 5 and 8

Red Book page 73, the four paragraphs starting "While the alcoholic . . ."

Red Book pages 144-145, the six paragraphs starting "By making a decision . . ."

Red Book page 294

Red Book pages 454-456

Suggested supplemental reading:

Melody Beattie, "Codependents' Guide To The Twelve Steps," pages 49 - 57 starting with the heading "Turning It Over" in the Step Three chapter.

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

This week's step study questions are on pages 67-68 under the heading "Step Three Spiritual Principles: Willingness and Accepting Help:"

- 1) Am I willing to do whatever it takes to work my ACA program and to focus on myself? (What am I willing to do?)
- 2) What am I surrendering so that I can make ACA a priority in my life?
- 3) What actions can I take that show that I am surrendering and facing my childhood experiences?
- 4) Can I begin at the level of willingness? Can I be willing to be willing to surrender?
- 5) Can I begin by surrendering my self-hate and self-harming behavior?
- 6) Am I willing to ask for help?
- 7) Am I willing to accept help if I ask for help?

8) How is asking for help a form of giving up control?

Step 4 – Complete Supplemental Reading List

STEP 4: The following is a list of suggested supplemental texts for upcoming 4th Step work. Supplemental readings are generally books by various authors of adult child recovery literature that will help you deepen your step study work, but they are not required reading. Most or all of the below texts are available used on Amazon.com for a few dollars. ACAWSO's Literature Policy: "It has always been accepted that ACA should remain eclectic in choosing literature. That is, ACA meetings may draw from various sources without censorship." Texts are listed in the order in which they will be suggested during 4th Step work:

The Al-Anon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" (copyright date 2004, with the black text and deeper blue-and-white-checked cover; available from AlAnon or on Amazon.com.)

Friel, John and Linda, "Adult Children: The Secrets of Dysfunctional Families"

Friel, John and Linda, "An Adult Child's Guide To What's 'Normal' "

Bradshaw, John, "Family Secrets: What You Don't Know Can Hurt You"

Bradshaw, John, "Healing The Shame That Binds You"

Bradshaw, John, "Bradshaw On The Family"

Sichel, Mark, "Healing From Family Rifts"

Engel, Beverly, "Healing Your Emotional Self"

Mellody, Pia, "Facing Codependence"

Beattie, Melody, "Codependent No More"

Whitfield, Charles, "Healing The Child Within"

STEP 4, WEEK 1 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 72-78

The Laundry List, on the first few pages of both the Red Book and the yellow workbook

Red Book page xxvi, "ACA Disease Model ~ Adult Child"

Red Book page 150, "A Picture Is Worth A Thousand Words"

Red Book page 153, "Getting Started On Step Four"

Red Book page 302, "The Inner Child ~ True Self"

"The Problem" on page 589 of the ACA Red Book;

Suggested supplemental reading:

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

This week's step study questions are on pages 79-81 of the yellow workbook. The following questions are adapted from the Laundry List Worksheet on page 81 of the workbook:

Describe a childhood incident that might have helped create a Laundry List trait.

What caused the event?

How did it make you feel? (Hint: see the feelings list on pages 77-78 of the yellow workbook.)

What was your Inner Child's reaction? Which Laundry List trait might have developed as a result of the event?

STEP 4, WEEK 2 READING AND WRITING

This week's reading assignment:

Red Book page 106, first paragraph

Red Book page 110, the two paragraphs beginning with "In Step Four, . . ."

Suggested supplemental reading:

"The Family Myth," an article by Mark Sichel and Alicia L. Cervini, found online at <http://www.psybersquare.com/family/myth.html>

Friel, John and Linda, "Adult Children: The Secrets of Dysfunctional Families," pages 82-83.

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

This week's step study questions:

The Family Secrets Inventory on page 82 of the yellow workbook. The following questions are adapted from the Family Secrets Inventory:

Describe one of your family's "story lines" or images that was presented to friends and outsiders. What was the family reality beneath the story line or carefully presented public image?

STEP 4, WEEK 3 READING AND WRITING

This week's reading assignment:

Yellow workbook, pages 82-83 under the heading "Shame Inventory;"

Red Book pages 10-11, the "Trait 1" section under the heading "Reviewing the Laundry List;"

Red Book page 152, the paragraph titled "Step Four Is The Shame Buster"

Red Book page 162, #3: "Shame or Ashamed"

Red Book page 200, 1st paragraph

Red Book page 344, "What Is Shame? What Is Guilt?"

Red Book pages 440-442, starting at the paragraph "In addition to Step work, . . ."

Suggested supplemental reading:

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

Suggested supplemental text for 4th Step work:

The AlAnon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" - The sections on Shame (pgs. 46-47) and Guilt (pgs. 44-45) are especially useful for this week's 4th Step work.

This week's step study questions:

Exercise 3, Shame Inventory on pages 82-83 of the yellow workbook. The following journaling outline is taken from this exercise:

List incidents in which you felt shamed by your parents or care giver. In addition to sexual abuse or harsh cursings, shame can come from calm statements by parents about appearance, speech, dress, and mannerisms. Some shame can be uttered in tones of sarcasm, overly critical judgments, and hurtful comments veiled as teasing or jokes.

The difference between appropriate parenting that corrects with love and affirmation, and shame which destroys the spirit, is how you feel about the act or comment. Shame tends to make you feel isolated, inferior, and unwanted. Discipline from loving parents can cause discomfort, but you still believe that you have worth and that you are loved despite your mistakes.

List examples of shaming incidents you experienced in your family of origin. Try to include as many details of the incidents as possible, including your age, where you were, what was said, and how your body reacted to the shame.

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 AlAnon 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 care giver. List your age, the location of the abandonment, and any other details you can remember.

STEP 4, WEEK 5 READING AND WRITING

This week's reading assignment:

Yellow workbook page 84 under the "Exercise 5 – Harms Inventory – Generational Transfer" heading

Red Book Chapter Two, pages 21-27

Red Book page 127, Family History Diagram

Red Book pages 448-450, Grandchildren of Alcoholics

Suggested supplemental reading:

Friel, John and Linda, "An Adult Child's Guide to What's 'Normal'", pages 124-127, starting with the paragraph beginning, "But when it comes to painful patterns, . . ."

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:

The AlAnon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" - The sections on Communication (pgs. 35-37) and Justification (pgs. 27-28) are especially useful for this week's 4th Step work.

This week's step study questions:

Yellow workbook page 85, "Harms Worksheet." The following questions are adapted from this exercise:

Whom have I harmed, abandoned, neglected or mistreated? What did I do (what was my behavior?) What were the results of the incident? What is my memory of the incident? What memories do I have of being similarly harmed as a child?

STEP 4, WEEK 6 READING AND WRITING

This week's reading assignment:

Yellow workbook page 86, the "Stored Anger (Resentment) Inventory" section
Red Book page 24, the two paragraphs beginning with the sentence, "Many adult children express anger . . ."

Yellow workbook page 86, Gentleness Break section and 4th Step Prayer

Suggested supplemental reading for this week's Steps work:

Mellody, Pia, "Facing Codependence," pages 49-52 under the heading "Resentment."

Sichel, Mark, "Healing From Family Rifts," Chapter 6 titled "Let Go of Resentment."

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

This week's step study questions:

Yellow workbook page 87, the Stored Anger (Resentment) Worksheet. The following questions are adapted from this exercise:

What loss(es) do I resent? What event or situation caused the loss? How does the loss affect my self-worth, friendships, safety, ability to imagine, etc.? What was my reaction to the loss (anger, rebellion, withdrawal, passive/aggressive behavior, or other?) What was my Inner Child's reaction to the loss (don't talk, don't trust, don't feel, or other?)

Suggested supplemental journaling:

The section titled "Resentment" on pages 24-26 of AlAnon's Blueprint for Progress, Revised Edition, copyright 2004.

STEP 4, WEEK 7 READING AND WRITING

This week's reading assignment:

Yellow workbook page 88, the section titled "Exercise 7 – Relationships (Romance/Sexual/Friendship) Inventory"

Red Book, Chapter 13

Red Book, page 7, the paragraph that begins with the sentence, "In ACA, we realize . . ."

Red Book page 101, the first paragraph under the "Powerlessness vs. Learned Helplessness" heading

Red Book pages 356-357, under the heading "Origin of Emotional Intoxication"

Suggested supplemental reading:

Friel, John and Linda, "Adult Children: The Secrets of Dysfunctional Families," pages 134-137 starting with the sentence, "Below we have outlined some of the issues . . ."

Beattie, Melody, "Codependent No More," pages 209-211, the section titled "Fear of Intimacy" in the chapter titled "Pieces and Bits"

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:

The AlAnon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" - The sections on Relationships (pgs. 48-50) and Communication (pgs. 35-37) are especially useful for this week's 4th Step work.

This week's step study questions:

Yellow workbook page 89, "Relationship Worksheet." The following questions are adapted from this exercise:

Thinking of a romantic partner, a friend, or another person with whom I once had a relationship: What did I expect to get from that relationship? What did I really get from that relationship? Describe my dependent behavior in the relationship. How did the relationship end?

Let's talk about Week 8 to be sure we are all comfortable before deciding (as it deals with Sexual Abuse)

STEP 4, WEEK 8 READING AND WRITING

This week's reading assignment consists of two yellow workbook sections. ****BEFORE COMPLETING EITHER SECTION****, please carefully consider the following advice from David Richo's excellent book, "When The Past Is Present":

"Some of our experience is too sensitive to be dealt with now ~ or at all ~ so our repression is in favor of our health. What we call resistance or denial might be in our best interest. . . . Memories undiscovered may be less harmful than memories confronted when we are too fragile to handle them. . . . It is important for us to calibrate the load-bearing capacity of our psyche. How much of ourselves can we safely know?"

Please complete either or both sections *only* if it feels safe and appropriate for you:

Yellow workbook page 90, the section titled "Exercise 8 ~ Sexual Abuse Inventory"

and/or

Yellow workbook page 92, the section titled "Exercise 9 ~ Denial Inventory"

Sexual Abuse readings:

Red Book page 24, the last paragraph beginning "The damage that some . . ." and including the footnote on page 25.

Suggested supplemental readings on sexual abuse:

The section titled "Effects on Survivors" under the "About Us" section on www.siaawso.org.

The journaling assignment on sexual abuse is on page 91 of the yellow workbook. The following questions are adapted from the workbook:

Who was (were) my abuser(s)? What happened? What was my age at the time? Who did I tell, if anyone? Who didn't I tell? Who got blamed? How did the abuse stop?

Denial readings:

Red Book page xxiii, the first three paragraphs starting, "For those new to . . ."

Red Book page 22, the three paragraphs under the heading "Internalizing Our Parents"

Red Book pages 32-33

Red Book page 105, the three paragraphs starting, “Lastly, any discussion . . .”

Red Book page 344, under the heading, “What is Denial? Are There Different Types of Denial?”

Suggested supplemental readings on denial and abuse:

Whitfield, Charles, “Healing the Child Within,” pages 40-42 in Chapter 5 under the heading “Denial of Feelings and Reality” See ACAWSO’s Literature Policy: “It has always been accepted that ACA should remain eclectic in choosing literature. That is, ACA meetings may draw from various sources without censorship.”

Mellody, Pia, “Facing Codependence,” Chapter 8 titled “Facing Abuse” See ACAWSO’s Literature Policy: “It has always been accepted that ACA should remain eclectic in choosing literature. That is, ACA meetings may draw from various sources without censorship.”

Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

The journaling assignment on “Denial: My Parents’ Behavior” is on page 93 of the yellow workbook. The following questions are adapted from the workbook:

What happened? Describe the facts of an incident of abuse, neglect, or rejection suffered as a child.

How old was I when the incident occurred?

How did I feel about what happened? (Moderator’s note: the feelings list on pages 77-78 of the yellow workbook may be useful here.)

What was my parents’ message about what happened?

How did I later describe what happened?

Suggested supplemental journaling for both sexual abuse and denial and abuse: The section titled “Fear” on pages 16-18 of AlAnon’s Blueprint for Progress, Revised Edition, copyright 2004.

STEP 4, WEEK 9 READING AND WRITING

****BEFORE COMPLETING THIS WEEK’S READING AND JOURNALING WORK****, please carefully consider the following advice from David Richo’s excellent book, “When The Past Is Present”:

“Some of our experience is too sensitive to be dealt with now ~ or at all ~ so our repression is in favor of our health. What we call resistance or denial might be in our best interest. . . . Memories undiscovered may be less harmful than memories confronted when we are too fragile to handle them. . . . It is important for us to calibrate the load-bearing capacity of our psyche. How much of ourselves can we safely know?”

Please complete the following Steps work only if it feels safe and appropriate for you:

Denial: My Behavior readings:

Yellow workbook page 94, the section titled “My Behavior: The Laundry List Reflection”

Red Book page xxiii, the first three paragraphs starting, “For those new to . . .”

Red Book page 22, the three paragraphs under the heading “Internalizing Our Parents”

Red Book pages 32-33

Red Book page 105, the three paragraphs starting, “Lastly, any discussion . . .”

Red Book page 344, under the heading, “What is Denial? Are There Different Types of Denial?”

Suggested supplemental readings on denial: same as previous week

Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

The journaling assignment on Denial:

My Behavior is found on page 95 of the yellow workbook. The following questions are adapted from the workbook:

Describe an incident in which your own behavior was hurtful, neglectful, or possibly abusive. Consider incidents that happened with relatives, co-workers, and spouses or partners. What happened? How have you victimized others? How have you been an authority figure? How have you judged others harshly? Do you gossip? Malicious gossip can be a form of perpetration.

Suggested supplemental journaling:

The section titled “Guilt” on pages 44-45 of AlAnon’s Blueprint for Progress, Revised Edition, copyright 2004.

STEP 4, WEEK 10 READING AND WRITING

****BEFORE COMPLETING THIS WEEK’S READING AND JOURNALING WORK****, please carefully consider the following advice from David Richo’s excellent book, “When The Past Is Present”:

“Some of our experience is too sensitive to be dealt with now ~ or at all ~ so our repression is in favor of our health. What we call resistance or denial might be in our best interest. . . . Memories undiscovered may be less harmful than memories confronted when we are too fragile to handle them. . . . It is important for us to calibrate the load-bearing capacity of our psyche. How much of ourselves can we safely know?”

Please complete the following Steps work only if it feels safe and appropriate for you:

Yellow workbook pages 96-100. PLEASE MAKE SURE TO READ THE SECTION ON PAGE 98 UNDER THE HEADING “A WORD OF CAUTION” FIRST, BEFORE COMPLETING THIS ASSIGNMENT.

Red Book page xxviii, the paragraph beginning “When Dr. Silkworth . . .”

Red Book page 119, under the heading “My Body Is Remembering What Happened”

Red Book page 160, the first paragraph under the heading “Step Four Worksheets and Assignments”

Suggested supplemental readings:

Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

This week’s step study questions:

Yellow workbook page 101, the section titled “PTSD Worksheet.” The following questions are adapted from the workbook:

“Describe an event or trigger that may have caused or become associated with post-traumatic stress for you. How old were you when the event or trigger happened? What is your reality of what happened? What was your parents’ message of what happened? What symptom, ritual, or funny habit did you develop as a result of the event? Where in your body is the trauma from the event stored? What type of body sensation does the memory of the event or trigger cause?”

Step 5 Prep

NOTE: We begin our 5th Step work in two weeks. The following email from the Adult Children of Alcoholics World Service Organization (ACAWSO) explains how to partner with another to complete your 5th Step:

Read the BRB concerning sponsorship and fellow traveler- see the index. Our program has been tailored for people to share the experience with one another so as not to have one person who 'knows a lot' being up above another. I know that may sound a little scary, but as children we were told what to do and when to do it so this gives each of us the responsibility to re-parent ourselves. The yellow 12 step workbook can be filled in individually and then each 'pair' can tell the other person what they found out about themselves. Also, please remember that women pair with women and men with men - since we have 'separate' ways of focusing or thinking. Hopefully, the members of your meeting can decide who they want to sponsor with in the meeting, or perhaps with someone else such as a counselor or good friend.

Please feel free to email me with any questions, concerns, and ideas you might have.

Yours in Service,

Phyllis R.

ACA/WSO Board of Trustees

information@acawso.com

STEP 4, WEEK 11 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 102-104

Yellow workbook pages 76-78, the sections titled "Distinguishing Our Feelings" and "Feeling Intensity Scale"

Red Book pages 160-164

Red Book page 19, item #12

Red Book page 38, the first two paragraphs beginning "When we did excel . . ."

Suggested supplemental reading:

Friel, John and Linda, "An Adult Child's Guide to What's 'Normal' ", pages 53-56, the chapter on feelings.

Friel, John and Linda, "Adult Children: The Secrets of Dysfunctional Families," pages 107-109. Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

This week's step study questions:

Yellow workbook page 103, the Feelings Sentence exercise, and page 104, the Praise exercise. The following questions are adapted from the workbook:

Complete the following sentence for as many feelings as you are able to identify and distinguish:

1) I feel _____ when _____ because _____. (Example: "I feel hopeful when I attend an ACA meeting because I know I am heard.")

(NOTE: The yellow workbook recommends completing three sentences daily for a period of two weeks, then continuing to practice identifying and distinguishing our feelings by regularly completing this exercise.)

2) Review the list of 25 character assets under the "Praise Exercise" heading on page 104 of the yellow workbook. Identify at least ten of your praiseworthy attributes (and please ignore the running commentary in your head from your Inner Critic while completing this exercise), then share how your praiseworthy attributes have made you a better friend, partner, spouse, parent, employee, etc. to yourself and to others.

STEP 5, WEEK 1 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 184-187, the Appendix titled "Hearing a Fifth Step"

Red Book pages 108-111, the heading titled "Inventory Steps and Realizing Generational Abuse"

Yellow workbook pages 106-111, through the section titled "Reparenting Ourselves"

Red Book pages 295-302, through the section titled "Loving Parent," and pages 326-327, "What We Can Expect From Reparenting Ourselves"

Suggested supplemental reading:

Melody Beattie, "Codependents' Guide To The Twelve Steps," pages 83-91 of the Step Five chapter, through the heading titled "Admitted To God And To Ourselves."

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 adapted from the yellow workbook, Red Book Chapter 8, and from "Codependents' Guide" with Melody Beattie's permission:

1. Have you taken a formal Fifth Step? If so, what was the impact of that on your life and your feelings about yourself? If not, what steps have you taken to prepare for completing your Fifth Step? (Copyrighted by Melody Beattie, "Codependents' Guide to the Twelve Steps.")
2. How did you (or will you) balance complete honesty with fairness and compassion for yourself in completing your Fifth Step? (Adapted from ACAWSO's yellow workbook.)
3. How did completing your Fifth Step break your family's dysfunctional "don't talk, don't trust, don't feel" rules? What did you learn about trust in the process of completing your Fifth Step? Which of your family's dysfunctional messages about trust did you unlearn while completing your Fifth Step? What impact has that had on you and your life today? (Copyrighted by Adult Children of Alcoholics World Service Organization.)
4. Are you in the habit of sharing yourself ~ who you are ~ with other people? When was the last time you called someone because you needed to talk about something? Do you talk to people about what you're going through when you're going through it, or do you wait until

you've resolved the incident yourself, then report it after the fact? (Copyrighted by Melody Beattie, "Codependents' Guide to the Twelve Steps.")

5. What are five traits of a Loving Parent? Name a way you can meet your Loving Parent. (Copyrighted by Adult Children of Alcoholics World Service Organization.)

STEP 5, WEEK 2 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 112-116, starting with the section titled "Grief: The Onion and Time"

"The Solution" "The Solution" on page 590 of the ACA Red Book (also in the first few pages of the workbook), with a particular emphasis on the second paragraph

Red Book pages 295-302, through the section titled "Loving Parent," and pages 326-327, "What We Can Expect From Reparenting Ourselves."

Suggested supplemental reading:

Sharecare's online article about caring for oneself while grieving:

<http://www.sharecare.com/health/grief-emotional-health/how-care-myself-while-grieving>

Al-Anon's book, "Opening Our Hearts, Transforming Our Losses," available from Al-Anon's online store or on Amazon.com.

Melody Beattie, "Codependents' Guide To The Twelve Steps," pages 91-96 of the Step Five chapter, beginning with the heading titled "Setting Ourselves Free" and continuing through the end of this chapter.

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 adapted from the yellow workbook, Red Book Chapter 8, and from "Codependents' Guide" with Melody Beattie's permission:

1. What actions will you take to free yourself from the burden of unexpressed grief? (Hint: this week's yellow workbook reading contains several suggestions.)
2. List the ways you will comfort and care for yourself while you are doing your 5th Step grief work.
3. Is there someone in your life now whom you need to talk to? Is there something going on ~ a feeling, a need, or an issue ~ that you don't want to talk about, but need to? Is there someone you're avoiding because you have something difficult to say? (Copyrighted by Melody Beattie, "Codependents' Guide to the Twelve Steps.")

4. In the past week, have you treated yourself or another person badly? Are you willing to tell a safe and trusted person what you have done? Are you willing to tell your Higher Power what you have done? (Excerpted from Melody Beattie's copyrighted book, "Codependents' Guide to the Twelve Steps.")

STEP 6, WEEK 1 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 117-123

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., introduction through page 56 (the Step Six section.)

Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Six chapter, pages 97-106 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:

1. What are the hard-to-handle beliefs, behaviors, feelings, wants, or needs that you're struggling with right now? {How can you} begin affirming that you are becoming ready to let go of these issues? (Excerpted from Melody Beattie's copyrighted book, "Codependents' Guide to the Twelve Steps.")
2. How would it make your life different if you believed that you could just relax and let this process called recovery happen to you? (From "Codependents' Guide" with Melody Beattie's permission.)
3. Take some time to review the character defects that you wrote while doing our 4th Step work. Is there one thing that stands out more than another?
4. Make a list of your character defects, from the most relevant (those that have the greatest impact on your life) to the least. Are there any defects you feel you are clinging to, reluctant to part with? Why? (Excerpted from <http://12-steps-recovery.com>'s Step Six worksheet.)

STEP 6, WEEK 2 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 117-123

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: Same as Step 6, Week 1

This week's step study questions:

1. What does it mean to you to be entirely ready to have your character defects removed? What would you be doing in your day-to-day life if you were entirely ready, and what would you stop doing?
2. The recovery literature teaches us that our character strengths will rush in to expand and fill the space in our personalities formerly occupied by our character defects. Make a list of your character strengths. Which of your character strengths do you believe will be heightened and expanded by the removal of which of your character defects? (Excerpted from <http://12-steps-recovery.com>'s Step Six worksheet.)
3. Make a list of everything you would like changed about yourself. Include on it the things you would like to stop doing, things you would like to start doing, any family-of-origin work you'd like to accomplish, things you'd like to get and have. Put everything you'd think of on the list, everything you'd like to be part of your future. {Moderator's note: please share your list with the group as you are willing and able.} Then put the list away and let go of everything on it. (From "Codependents' Guide" with Melody Beattie's permission.)
4. Do you believe it's safe to trust {your Higher Power} and this process called recovery? (From "Codependents' Guide" with Melody Beattie's permission.)

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?
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?
4. What would you like to recapture in your life?
5. Describe your typical day's activities in terms of how much time you spend on each type of activity. 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?

STEP 7, WEEK 2 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: Same as Step 7, Week 1

Tradition One (the tradition for the month of January) in depth on pages 491-496 of the Red Book

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

1. Where do you feel most supported and helped in your strivings for recovery? What person, situation, event, or thought restores your hope? Is there a way to maximize those influences? If so, then how?
2. What are you grateful for?
3. When do you think that life has been especially good for you? When did you have the greatest joy?
4. What would you do if you were granted three wishes?
5. Describe in detail what you think that your life will be like with your defects of character removed from you. What do you think that you can do to leave the world a better place and accomplish your mission in life?

STEP 8, WEEK 1 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 131-136

Red Book pages 112-114, the "Making Amends" section

Red Book pages 641-643, "A Discussion About Step Eight and Step Nine"

Suggested supplemental reading:

Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Eight chapter, pages 116-123 of the 1990 edition, through the end of the "Making Our Lists" section.

Tradition One (the tradition for the month of January) in depth on pages 491-496 of the Red Book

This week's step study questions are excerpted from the Step Eight worksheet on <http://12-steps-recovery.com> in conjunction with the yellow workbook:

1. Make a list of all those that you have possibly harmed by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects. List the effects on those people as individuals, and on your relationship. (Moderator's note: The yellow workbook states, "We show self-forgiveness when we place our name at the top of the Eighth Step list.")
2. How have you hurt yourself by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects?
3. What important relationships did you destroy or damage by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects?
4. How much time and energy have you lost by practicing selfish, manipulative, or destructive behaviors, or otherwise acting out your character defects? What do you think you might have done or become were it not for those behaviors and character defects?

STEP 8, WEEK 2 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 131-136

Red Book pages 112-114, the "Making Amends" section

Red Book pages 641-643, "A Discussion About Step Eight and Step Nine"

Suggested supplemental reading:

Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Eight chapter, pages 123-129 of the 1990 edition, starting with the "Became Willing" section and continuing through the end of the chapter.

Tradition One (the tradition for the month of January) in depth on pages 491-496 of the Red Book

This week's step study questions are excerpted from the Step Eight 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:

1. Take the list of people that you have harmed and make a list of possible amends to each one of them. Then, choose the amends that seem most appropriate, and rank them according to level of difficulty. Which amends will be the hardest for you to make? Which will be the easiest?
2. What consequences do you fear in making amends? What is the worst thing that can happen? What is the best thing that can happen? What is likely to happen?
3. Do you feel angry or resentful towards any people on your amends list? If so, write them a letter of anger, but don't send it to them. Describe here any other ways that you have used to get rid of the anger and resentment towards anyone on your list.
4. Describe any dreams that relate to making amends to others.
5. What are the relationships, past or present, that bother you the most? (© Melody Beattie, Codependents Guide)

6. Would you like peace and healing in your relationships, even those you don't wish to maintain? What are the barriers to healing that are still within you? (© Melody Beattie, Codependents Guide)

STEP 9, WEEK 1 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 137-146

Red Book pages 112-114, the “Making Amends” section

Red Book pages 641-643, “A Discussion About Step Eight and Step Nine”

Suggested supplemental reading:

Melody Beattie, “Codependents Guide to the Twelve Steps,” the Step Nine chapter, pages 131-152 of the 1990 edition.

Tradition One (the tradition for the month of January) in depth on pages 491-496 of the Red Book

This week’s step study questions are excerpted from the Step Nine 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:

1. What is the relationship that is bothering you the most right now? What do you need to do to take care of yourself in that relationship? What would you say if you were free to be entirely honest with that person about your behaviors, your feelings, and what you wanted and needed? How have you discounted yourself or not owned your power in that relationship? How have you discounted or devalued the other person? (© Melody Beattie, Codependents Guide)
2. What is the biggest guilt you have right now? Using the Steps as a formula, how can you deal with that, so you can be done with the guilt? (© Melody Beattie, Codependents Guide)
3. What amends do you think you have already made? These can include apologies already made, helpful tasks for those you have hurt, changed attitudes, and so forth.
4. Have you made your amends to yourself yet? How has that affected your friendship with yourself?

Following are a few optional exercises you may wish to complete on your own as well:

- If you are ready, set some amends goals. For instance, name the people to whom you would like to make amends. Set a reasonable deadline and a goal for apologizing, wherever that is appropriate. Be as specific or as general as you want. You may want to make your goal “to become aware of the people I owe apologies to, then make those amends.” Or you may have a list of names and incidents and want to set a deadline for talking to these people. (© Melody Beattie, Codependents Guide)
- From your list of amends, if there are apologies that you need to make, write them down. Read your apologies to a friend or sponsor if possible, or reread them several times to yourself while resisting the temptation to defend yourself or minimize the actions you’re apologizing for. Do your apologies sound defensive? Do they come across as an attack on the other person, or do they sound sincere?
- Role play with your friends or sponsor anything you are planning to say during your amends, or speak your amends aloud to yourself in front of a mirror. How do your amends come across? Is your message and body language one of sincere apology?
- For any amends you have made, write a self-forgiveness affirmation that helps you let go of guilt. A sample affirmation might read: “I love and accept myself. I have taken responsibility for my behavior with _____, and I am now free to let the past go.” We can also write a similar affirmation about forgiving others: “I have dealt with my feelings toward _____, and I have forgiven him or her. I have let go of my feelings toward him or her, and I allow peace and love to settle into our relationship.” (© Melody Beattie, Codependents Guide)

STEP 9, WEEK 2 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 137-146

Red Book pages 112-114, the “Making Amends” section

Red Book pages 641-643, “A Discussion About Step Eight and Step Nine”

Suggested supplemental reading: Same as Step 9, Week 1

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 Nine 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:

5. After you have made your first several amends, record your overall impressions. Is there anything common? Has anything surprised you? Has anything disappointed you? How do you feel about the process, and how has it affected you? How has making amends affected your relationships with others? What have you learned from this? What would you do differently next time?
6. How are you dealing with the feedback from others after making amends? How are you feeling? How are you dealing with the desire to defend yourself?
7. How can you celebrate or honor the completion of your making amends (Step Nine?)

STEP 10, WEEK 1 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 147-152

Red Book pages 10-18

Suggested supplemental reading:

Melody Beattie, “Codependents Guide to the Twelve Steps,” the Step Ten chapter, pages 153-167 of the 1990 edition. 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:

- 1) Complete the Traits 1 through 7 exercises on pages 152-155 of the yellow workbook. How have you, or might you, integrate some or all of the first seven Laundry List traits?
- 2) What are your triggers for lapsing into dysfunctional behaviors? How can you best avoid or manage the events, situations, and people most likely to trigger dysfunctional behaviors?
- 3) What behaviors and attitudes are likeliest to trigger a relapse into dysfunctional behaviors? How can you best guard against lapsing into those behaviors and attitudes?
- 4) When was the last time you caught yourself doing something you didn’t feel good about? Did you take care of the issue promptly?(© Melody Beattie, Codependents Guide)
- 5) What amends or remedies could you make in the future when you have done something you don’t feel good about?

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:

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

STEP 10, WEEK 3 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 147-152

Red Book pages 10-18

Suggested supplemental reading:

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 yellow workbook, the Step Ten worksheet on <http://12-steps-recovery.com>, and from Melody Beattie's book, "Codependents' Guide to the Twelve Steps" with the author's permission:

1) Complete the Personal Inventory exercise on page 158 of the yellow workbook, then please share your answers to the following questions with the group as you are willing:

- a. Am I isolating and not talking about what is really going on with me?
- b. Did I view anyone as an authority figure today and feel frightened or rebellious?
- c. Did I dissociate, fantasize, or become involved in self-harm today?
- d. Am I keeping secrets and feeling unique? Am I talking about my feelings?
- e. Am I being honest in my relationships or am I seeking approval over honesty?
- f. Am I acting "perfect" and obsessing over making mistakes?
- g. Do I overreact or isolate from others when I perceive that I have been criticized?

STEP 10, WEEK 4 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 147-152

Red Book pages 10-18

Tradition Three (the tradition for the month of March) in detail on pages 503-507 of the Red Book

Suggested supplemental reading:

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 yellow workbook, the Step Ten worksheet on <http://12-steps-recovery.com>, and from Melody Beattie's book, "Codependents' Guide to the Twelve Steps" with the author's permission:

1) Complete the Personal Inventory exercise on page 158 of the yellow workbook, then please share your answers to the following questions with the group as you are willing:

h. Am I attending ACA meetings to nurture myself and to give back what was given to me?

i. Have I acted helpful recently to manipulate others?

j. Am I secretly angry at someone, but I am avoiding talking about it?

k. Have I listened to my Inner Child or True Self today?

l. Did I judge myself or someone else without mercy today?

m. Am I listening to the Critical Parent or Loving Parent?

n. Am I remembering that I can ask for help today and that I can call someone?

2) How will you continue your process of self-awareness and inventorying? Will you spend time each morning or evening reviewing your day? Or will you allow your insights to happen naturally, as you go through life and recovery? Will you combine tactics? What method(s) do you think will work best for you? (© Melody Beattie, Codependents Guide)

STEP 11, WEEK 1 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 162-171
Red Book chapter 12, "Relapse"

Suggested supplemental reading:

Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Eleven chapter, pages 168-181 of the 1990 edition.

The book "Days of Healing, Days of Joy: Daily Meditations for Adult Children" by Earnie Larsen and Carol Larsen Hegarty.

Tradition Three (the tradition for the month of March) in detail on pages 503-507 of the Red Book

This week's step study questions are adapted from the yellow workbook, the Step Eleven worksheet on <http://12-steps-recovery.com>, and from Melody Beattie's book, "Codependents' Guide to the Twelve Steps" with the author's permission:

- 1) How would you describe your beliefs about God and a Higher Power to a child?
- 2) What are your favorite sources of wisdom and knowledge about healthy values?
- 3) Have you begun the discipline of prayer in your life? What does that consist of? What are your feelings and fears about praying, about talking to [your Higher Power?] What time of day works best for prayer? Do you have a favorite place? (© Melody Beattie, Codependents Guide)
- 4) How do you meditate? Do you like meditation books or tapes? Which are your favorites? When is your best time for reading a meditation? Have you experimented with any other forms of meditation? (© Melody Beattie, Codependents Guide)
- 5) What other activities help you relax and get in touch with yourself? (© Melody Beattie, Codependents Guide)

STEP 11, WEEK 2 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 162-171

Red Book chapter 12, “Relapse”

Suggested supplemental reading:

Tradition Three (the tradition for the month of March) in detail on pages 503-507 of the Red Book

This week’s step study questions are adapted from the yellow workbook, the Step Eleven worksheet on <http://12-steps-recovery.com>, and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:

- 1) What makes you feel most connected to other people and the world around you?
- 2) Can you recall any time that your life was headed in the wrong direction? If so, what brought you back?
- 3) Has anything you have ever read or otherwise learned changed you in some deep and fundamental way?
- 4) If you had only one week to live and unlimited resources, whom would you gather around you, and how would you spend your last week in this life?
- 5) What do you hope your obituary will say?

STEP 12, WEEK 1 READING AND WRITING

Reading assignment for our final meeting in this step study series:

Yellow workbook, pages 173 to 183

Red Book pages 590 and 591, “The Solution” and “The Promises”

Red Book chapter 10, “The Importance of Service in ACA”

Suggested supplemental reading:

Melody Beattie, “Codependents Guide to the Twelve Steps,” the Step Twelve chapter, pages 182-198 of the 1990 edition.

Red Book chapter 11, “ACA Sponsorship – Fellow Travelers”

Tradition Three (the tradition for the month of March) in detail on pages 503-507 of the Red Book

This week’s step study questions are adapted from the yellow workbook and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:

- 1) How has your relationship with yourself changed since you began recovery? How do you treat yourself differently now? How does it feel when you treat yourself well and in a nurturing, loving manner? (© Melody Beattie, Codependents Guide)
- 2) How have you grown spiritually since you began your recovery? How would you describe your spiritual awakening? (© Melody Beattie, Codependents Guide)
- 3) How will you “give it away to keep it”? How will you carry the message to others who still suffer?

Final Night Review:

- 1) Which step study sections went on too long? Which were not long enough?
- 2) Which reading and writing assignments really resonated with you, and which left you flat?
- 3) What changes would you like to see to the meeting format, if any?
- 4) What changes would you like to see to the reading and writing assignments, if any?
- 5) What changes would you like to see to the recommended supplemental readings, if any?