

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?

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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?)

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Suggested supplemental journaling:

The section titled “Resentment” on pages 24-26 of Al Anon’s Blueprint for Progress, Revised Edition, copyright 2004.