

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?

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2. Did I ignore my feelings of shame, fear and neglect to survive my childhood?

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3. Did I monitor my parents' feelings or moods to determine how I should feel?

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Was I only happy when my parents were happy and sad when they were sad? (List an example.)

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4. Am I honest about how my parents treated me when I was growing up?

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Did I fear one parent or both parents?