

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:

Page 2
Step 4 Week 11

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.

MY 10 PRAISEWORTHY CHARACTER ASSETS

1.

2.

3.

4.

5.

MY 10 PRAISEWORTHY CHARACTER ASSETS

6.

7.

8.

9.

10.

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.