

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?

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2. Do I understand that the effects of family dysfunction mentioned in Step One are the Laundry List traits?

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3. List three effects of growing up in an alcoholic, addicted, or dysfunctional home. (Hint: any of the 14 common ACA traits.)

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4. What was my role growing up in my dysfunctional home: lost child, hero, scapegoat, and rescuer?

Other _____

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5. How many of the common ACA traits of an adult child do I identify with in the Laundry List/Problem?

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6. What does “don’t talk, don’t trust, don’t feel” mean? (“Don’t remember” ?)