

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:

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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?

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**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?**

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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?

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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?