

STEP 4, WEEK 8 READING AND WRITING

This week's reading assignment consists of two yellow workbook sections.

****BEFORE COMPLETING EITHER SECTION****, please carefully consider the following advice from David Richo's excellent book, "When The Past Is Present":

"Some of our experience is too sensitive to be dealt with now ~ or at all ~ so our repression is in favor of our health. What we call resistance or denial might be in our best interest. . . . Memories undiscovered may be less harmful than memories confronted when we are too fragile to handle them. . . . It is important for us to calibrate the load-bearing capacity of our psyche. How much of ourselves can we safely know?"

Please complete either or both sections **only** if it feels safe and appropriate for you:

Yellow workbook page 90, the section titled "Exercise 8 ~ **Sexual Abuse Inventory**"

and/or

Yellow workbook page 92, the section titled "Exercise 9 ~ **Denial Inventory**"

Sexual Abuse readings:

Red Book page 24, the last paragraph beginning "The damage that some . . ." and including the footnote on page 25.

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Suggested supplemental readings on sexual abuse:

The section titled “Effects on Survivors” under the “About Us” section on www.slawso.org.

The journaling assignment on sexual abuse is on page 91 of the yellow workbook. The following questions are adapted from the workbook:

Who was (were) my abuser(s)?

What happened?

What was my age at the time?

Who did I tell, if anyone?

Who didn't I tell?

Who got blamed?

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How did the abuse stop?

Denial readings:

Red Book page xxiii, the first three paragraphs starting, “For those new to . . .”

Red Book page 22, the three paragraphs under the heading “Internalizing Our Parents”

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Red Book pages 32-33

Red Book page 105, the three paragraphs starting, “Lastly, any discussion . . .”

Red Book page 344, under the heading, “What is Denial? Are There Different Types of Denial?”

Suggested supplemental readings on denial and abuse:

Whitfield, Charles, “Healing the Child Within,” pages 40-42 in Chapter 5 under the heading “Denial of Feelings and Reality” See ACAWSO’s Literature Policy: “It has always been accepted that ACA should remain eclectic in choosing literature. That is, ACA meetings may draw from various sources without censorship.”

Mellody, Pia, “Facing Codependence,” Chapter 8 titled “Facing Abuse” See ACAWSO’s Literature Policy: “It has always been accepted that ACA should remain eclectic in choosing literature. That is, ACA meetings may draw from various sources without censorship.”

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Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

The journaling assignment on “Denial: My Parents’ Behavior” is on page 93 of the yellow workbook.

The following questions are adapted from the workbook:

What happened?

Describe the facts of an incident of abuse, neglect, or rejection suffered as a child.

How old was I when the incident occurred?

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How did I feel about what happened? (Moderator's note: the feelings list on pages 77-78 of the yellow workbook may be useful here.)

What was my parents' message about what happened?

How did I later describe what happened?

Suggested supplemental journaling for both sexual abuse and denial and abuse: The section titled "Fear" on pages 16-18 of AlAnon's Blueprint for Progress, Revised Edition, copyright 2004.