

STEP 11, WEEK 2 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 162-171

Red Book chapter 12, “Relapse”

Suggested supplemental reading:

Tradition Three (the tradition for the month of March) in detail on pages 503-507 of the Red Book

This week’s step study questions are adapted from the yellow workbook, the Step Eleven worksheet on <http://12-steps-recovery.com>, and from Melody Beattie’s book, “Codependents’ Guide to the Twelve Steps” with the author’s permission:

1) What makes you feel most connected to other people and the world around you?

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2) Can you recall any time that your life was headed in the wrong direction? If so, what brought you back?

3) Has anything you have ever read or otherwise learned changed you in some deep and fundamental way?

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4) If you had only one week to live and unlimited resources, whom would you gather around you, and how would you spend your last week in this life?

5) What do you hope your obituary will say?