

STEP 1, WEEK 4 READING AND WRITING

Reading assignment:

Yellow workbook **pages 9-10** (ACA Red Book **pages 104-106**);

Red Book **pages 573-575**, the “Cross Talk” through “Fixing Others” paragraphs

Suggested supplemental reading: Same as previous weeks plus:

The “Am I Codependent?” link on www.coda.org, which opens a document titled “Patterns and Characteristics of Codependence”

Tradition Five (the tradition of the month for May) in depth on pages 513-517 of the Red Book

Page 2

Step 1 Week 4

This week's step study questions are found on page 30 of the yellow workbook "Twelve Steps of Adult Children" under the heading "Unmanageable":

1. What is my definition of being unmanageable or having an unmanageable life?

2. Do I think I can still control people, places, and things by acting right, perfect, or otherwise?

Page 3
Step 1 Week 4

3. Do I think I have power over other people and can control their actions and thoughts?

4. Am I letting the thoughts, feelings and actions of others have power over me? (List an example/s if applicable.)

Page 4

Step 1 Week 4

5. Do I allow the feelings or possible reactions of others to control me or to determine my behavior and choices? (List an example/s.)

Page 5

Step 1 Week 4

6. What does it mean to be codependent?

7. Have my relationships created chaos, abuse, or predictable turmoil in my life? (List an example/s.)