

STEP 3, WEEK 4 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 62 through 64
Red Book Chapters 5 and 8

Suggested supplemental reading:

Melody Beattie, “Codependents’ Guide To The Twelve Steps,” page 49 under the heading “As We Understood God” in the Step Three chapter.

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

This week’s step study questions are found on page 67 of the yellow workbook under the heading “As We Understand God:”

- 1) Can I ask my Higher Power to be there for me no matter what happens?

- 2) Will I be abandoned by God if I don’t work a perfect program of recovery quickly enough?

- 3) Why does God refuse to reject me or let me go when I feel unimportant or not worthy?

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4) Can I ask a Higher Power to help me release my most glaring controlling behaviors?

5) How do I accept God's unconditional love for me?

6) What does reparenting myself have to do with Step Three? Who is the "actual parent?" (Hint: Read The Solution on Red Book page 590.)