

## **STEP 1**

### **Supplemental Assignment**

Assignment to be completed  
over 8 weeks of Step 1 Study.

**Complete PAGES 34-43 of the Yellow Workbook**

Exercise 1 –Family History Diagram

- Family Diagram Labels

- Getting a Different View of the family

Exercise 2 –The Family “story line” and labeling

- Childhood labels

- The family “story line” vs. the family “reality”

- Family messages

Exercise 3 –Identifying the number of ACA traits in your  
life

- Identifying our Laundry List Traits

Exercise 4 – ACA Sponsorship

- Understanding & choosing a Sponsor

Step One ACA affirmation-meditation Exercise

- Affirmations

- How much to tell