

## **STEP 4, WEEK 5 READING AND WRITING**

### **This week's reading assignment:**

Yellow workbook page 84 under the "Exercise 5 – Harms Inventory – Generational Transfer" heading

Red Book Chapter Two, pages 21-27

Red Book page 127, Family History Diagram

Red Book pages 448-450, Grandchildren of Alcoholics

### **Suggested supplemental reading:**

Friel, John and Linda, "An Adult Child's Guide to What's 'Normal'", pages 124-127, starting with the paragraph beginning, "But when it comes to painful patterns, . . ."

Tradition Ten (the tradition of the month for October) in depth on pages 538-541 of the Red Book

### **Suggested supplemental text for 4th Step work:**

The AlAnon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" - The sections on Communication (pgs. 35-37) and Justification (pgs. 27-28) are especially useful for this week's 4th Step work.

**This week's step study questions: Yellow workbook page 85, "Harms Worksheet." The following questions are adapted from this exercise:**

Whom have I harmed, abandoned, neglected or mistreated?

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**What did I do (what was my behavior?)**

**What were the results of the incident?**

**What is my memory of the incident?**

**What memories do I have of being similarly harmed as a child?**