

STEP 2, WEEK 7 READING AND WRITING

Reading assignment for this week's work:

Yellow workbook pages 10 – 11 and 44 – 45

**Tradition Seven (the tradition of the month for July) in depth
on pages 522-526 of the Red Book**

**This week's step study questions are found on page 54 of the
yellow workbook under the heading "Sanity/Higher Power":**

**1. Do I realize I may be the most sane member of my family
because I am seeking recovery?**

**2. Do I realize I am not unique and that other adult children
think and act like me?**

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3. Can I come to believe that I have had an inner strength all along that helped me survive an abusive childhood?

4. Can I come to believe that a Higher Power has been with me always and helped me survive until I could find ACA?

5. Do I believe I can love myself and ask for help? That I don't have to do this alone?