

STEP 4, WEEK 7 READING AND WRITING

This week's reading assignment:

Yellow workbook page 88, the section titled "Exercise 7 – Relationships (Romance/Sexual/Friendship) Inventory"

Red Book, Chapter 13

Red Book, page 7, the paragraph that begins with the sentence, "In ACA, we realize . . ."

Red Book page 101, the first paragraph under the "Powerlessness vs. Learned Helplessness" heading

Red Book pages 356-357, under the heading "Origin of Emotional Intoxication"

Suggested supplemental reading:

Friel, John and Linda, "Adult Children: The Secrets of Dysfunctional Families," pages 134-137 starting with the sentence, "Below we have outlined some of the issues . . ."

Beattie, Melody, "Codependent No More," pages 209-211, the section titled "Fear of Intimacy" in the chapter titled "Pieces and Bits"

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 Relationships (pgs. 48-50) and Communication (pgs. 35-37) are especially useful for this week's 4th Step work.

This week's step study questions:

Yellow workbook page 89, **"Relationship Worksheet."** The following questions are adapted from this exercise:

Thinking of a romantic partner, a friend, or another person with whom I once had a relationship:

What did I expect to get from that relationship? What did I really get from that relationship?

Describe my dependent behavior in the relationship. How did the relationship end?

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Step 4 Week 7

Let's talk about Week 8 to be sure we are all comfortable before deciding (as it deals with Sexual Abuse)

This week's reading assignment consists of two yellow workbook sections. **BEFORE COMPLETING EITHER SECTION****, please carefully consider the following advice from David Richo's excellent book, "When The Past Is Present":**

"Some of our experience is too sensitive to be dealt with now ~ or at all ~ so our repression is in favor of our health. What we call resistance or denial might be in our best interest. . . . Memories undiscovered may be less harmful than memories confronted when we are too fragile to handle them. . . . It is important for us to calibrate the load-bearing capacity of our psyche. How much of ourselves can we safely know?"