

## STEP 1, WEEK 5 READING AND WRITING

### Reading assignment:

Yellow workbook pages 23-25 (ACA Red Book pages 65-73.)

### Suggested supplemental reading:

ACA Red Book “ACA—How It Works” pages 82-90  
Tradition Five (the tradition of the month for May)  
in depth on pages 513-517 of the Red Book

**This week’s step study questions are found on  
page 30-31 questions 8-14 of the yellow  
workbook “Twelve Steps of Adult Children**

8. Has my behavior and thinking affected my job performance or my ability to relate to others?

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9. What is my ACA “bottom” or bottoming out? Have I hit my bottom?

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10. Has an obsession for another person, drugs, gambling, food or sex made my life unmanageable?  
How?

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11. Is my manageable life actually controlling behavior, which I have mislabeled? (List an example)

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12. Am I in denial about my controlling behavior?

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13. Can I recover alone?

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14. Do I relate to other adult children in meetings?  
How?