

STEP 6, WEEK 1 READING AND WRITING

This week's reading assignment:

Yellow workbook pages 117-123

Red Book pages 111-112, the heading titled "Character Defects vs. Laundry List Traits"

Red Book Chapter 8, "The Solution: Becoming Your Own Loving Parent" in full.

Suggested supplemental reading:

"Drop The Rock: Removing Character Defects ~ Steps Six and Seven" by Bill P., Todd W., and Sarah S., introduction through page 56 (the Step Six section.)

Melody Beattie, "Codependents Guide to the Twelve Steps," the Step Six chapter, pages 97-106 of the 1990 edition.

Tradition Twelve (the tradition for the month of December) in depth on pages 549-554 of the Red Book

This week's step study questions:

1. What are the hard-to-handle beliefs, behaviors, feelings, wants, or needs that you're struggling with right now?

Page 2

Step 6 Week 1

{How can you} begin affirming that you are becoming ready to let go of these issues? (Excerpted from Melody Beattie's copyrighted book, "Codependents' Guide to the Twelve Steps.")

2. How would it make your life different if you believed that you could just relax and let this process called recovery happen to you? (From "Codependents' Guide" with Melody Beattie's permission.)

Page 3

Step 6 Week 1

3. Take some time to review the character defects (survival traits) that you wrote while doing our 4th Step work. Is there one thing that stands out more than another?

Page 4

Step 6 Week 1

4. Make a list of your character defects (survival traits), from the most relevant (those that have the greatest impact on your life) to the least.

Page 5

Step 6 Week 1

Are there any defects (survival traits) you feel you are clinging to, reluctant to part with? Why? (Excerpted from <http://12-steps-recovery.com>'s Step Six worksheet.)