

STEP 10, WEEK 3 READING AND WRITING

Reading assignment for this week:

Yellow workbook pages 147-152

Red Book pages 10-18

Suggested supplemental reading:

Tradition Two (the tradition for the month of February) in detail on Red Book pages 497-502

This week's step study questions are excerpted from the yellow workbook, the Step Ten worksheet on <http://12-steps-recovery.com>, and from Melody Beattie's book, "Codependents' Guide to the Twelve Steps" with the author's permission:

1) Complete the Personal Inventory exercise on page 158 of the yellow workbook, then please share your answers to the following questions with the group as you are willing:

a. Am I isolating and not talking about what is really going on with me?

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b. Did I view anyone as an authority figure today and feel frightened or rebellious?

c. Did I dissociate, fantasize, or become involved in self-harm today?

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d. Am I keeping secrets and feeling unique? Am I talking about my feelings?

e. Am I being honest in my relationships or am I seeking approval over honesty?

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f. Am I acting “perfect” and obsessing over making mistakes?

g. Do I overreact or isolate from others when I perceive that I have been criticized?