

## **STEP 3, WEEK 5 READING AND WRITING**

### **This week's reading assignment:**

Yellow workbook pages 62 through 64

Red Book Chapters 5 and 8

Red Book page 73, the four paragraphs starting "While the alcoholic . . ." Red Book pages 144-145, the six paragraphs starting "By making a decision . . ."

Red Book page 294

Red Book pages 454-456

### **Suggested supplemental reading:**

Melody Beattie, "Codependents' Guide To The Twelve Steps," pages 49 - 57 starting with the heading "Turning It Over" in the Step Three chapter.

Tradition Nine (the tradition of the month for September) in depth on pages 532-537 of the Red Book

### **This week's step study questions are on pages 67-68 under the heading "Step Three Spiritual Principles: Willingness and Accepting Help:"**

1) Am I willing to do whatever it takes to work my ACA program and to focus on myself? (What am I willing to do?)

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**2) What am I surrendering so that I can make ACA a priority in my life?**

**3) What actions can I take that show that I am surrendering and facing my childhood experiences?**

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**4) Can I begin at the level of willingness? Can I be willing to be willing to surrender?**

**5) Can I begin by surrendering my self-hate and self-harming behavior?**

**6) Am I willing to ask for help?**

**7) Am I willing to accept help if I ask for help?**