

## **STEP 4, WEEK 9 READING AND WRITING**

**\*\*BEFORE COMPLETING THIS WEEK'S READING AND JOURNALING WORK\*\*, 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?"*

**Please complete the following Steps work only if it feels safe and appropriate for you:**

### **Denial: My Behavior readings:**

Yellow workbook page 94, the section titled "My Behavior: The Laundry List Reflection"

Red Book page xxiii, the first three paragraphs starting, "For those new to . . ."

Red Book page 22, the three paragraphs under the heading "Internalizing Our Parents"

Red Book pages 32-33

Red Book page 105, the three paragraphs starting, "Lastly, any discussion . . ."

Red Book page 344, under the heading, "What is Denial? Are There Different Types of Denial?"

**Suggested supplemental readings on denial: same as previous week**

Tradition Eleven (the tradition of the month for November) in depth on pages 542-548 of the Red Book

**The journaling assignment on Denial:**

**My Behavior is found on page 95 of the yellow workbook. The following questions are adapted from the workbook:**

Describe an incident in which your own behavior was hurtful, neglectful, or possibly abusive. Consider incidents that happened with relatives, co-workers, and spouses or partners.

What happened?

How have you victimized others?

**Page 3**  
**Step 4 Week 9**

**How have you been an authority figure?**

**How have you judged others harshly?**

**Do you gossip? Malicious gossip can be a form of perpetration.**

### **Suggested supplemental journaling:**

**The section titled “Guilt” on pages 44-45 of Al Anon’s Blueprint for Progress, Revised Edition, copyright 2004.**