

## **STEP 2, WEEK 5 READING AND WRITING**

### **Reading assignment:**

Red Book pages 6 through 9, under the heading titled “Adult Children, Codependents;”

Red Book pg. 335, under heading titles “What is Codependence?” and “What is Para-Alcoholism?;”

Red Book pgs. 355-358, under the heading titled “Pain, Shutdown, and Survival”

Tradition Seven (the tradition of the month for July) in depth on pages 522-526 of the Red Book

**This week’s step study questions are found on page 53 of the yellow workbook under the heading “Dependence and Codependence”:**

6. Do I label myself as a “giver” but secretly resent others, who do not return my favors or listen to my advice?

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**7. Do I choose relationships based on people who are “beneath” me but who I can rescue and make “love me?”**

**8. Do I find myself in relationships with “dangerous” men or women because I feel alive amid the intensity? Did I ignore how he or she had harmed others by thinking I was “special” and would not be harmed?**

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**9. Do I accept a high level of abuse from someone but don't recognize the abuse?**

**10. Do I look outside myself for love and affirmation? (List an example.)**