

STEP 1, WEEK 3 READING AND WRITING

Reading assignment:

Yellow workbook pages 7-9 (ACA Red Book pages 101-104);

Red Book pages 573-575, the “Cross Talk” through “Fixing Others” paragraphs

Suggested SUPPLEMENTAL reading: Same as Step 1, Week 3

Tradition Five (the tradition of the month for May) in depth on pages 513-517 of the Red Book

This week’s step study questions are found on page 29 of the yellow workbook “Twelve Steps of Adult Children” under the heading “Powerlessness”:

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7. Am I powerless over the effects of growing up in an addicted or dysfunctional family?

8. Do I use food, sex, drugs, alcohol, work, gambling or some other addictive behavior to an extreme?

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(Question 8 cont'd.)

Am I powerless over these activities/addictions/compulsions? (Give an example of powerlessness.)

9. Do I think I can change my parents or significant other by acting right, saying the right thing, or being perfect?

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10. Do I think I caused my parent's addiction and dysfunction and that I have the power to change it or control it?

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11. Have I acted like a victim and acted helpless, when in reality, I was manipulating others to get what I thought I needed? Have I been rescued? (List an example(s)).

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12. Have I been driven by a compulsion or obsession for another person that overpowers me and causes me to deny my own needs or take care of myself? (If so, detail how you denied your own needs.)