

ASCA Reading Topic Schedule

2017-10-20	Open Agenda – No specific reading
2017-10-27	Step 8 - I have made an inventory of the problem areas in my adult life.
2017-11-03	Topic Reading - Criticism versus Praiseworthiness
2017-11-10	Open Agenda – No specific reading
2017-11-17	Topic Reading - The Holidays: A Stress-Filled Time of the Year
2017-11-24	Open Agenda – No specific reading
2017-12-01	Step 9 - I have identified the parts of myself connected to self-sabotage.
2017-12-08	Topic Reading - What Does It Mean to Have a Sense of Self?
2017-12-15	Open Agenda – No specific reading
2017-12-22	Topic Reading – Holidays: Lost & Found
2017-12-29	Step 10 - I can control my anger and find healthy outlets for my aggression.
2018-01-05	Topic Reading - Maladaptive Patterns and Destructive Behaviors
2018-01-12	Open Agenda – No specific reading
2018-01-19	Step 11 - I can identify faulty beliefs and distorted perceptions in myself and others.
2018-01-26	Topic Reading - Shame: The Clinging Residue of Abuse
2018-02-02	Open Agenda – No specific reading
2018-02-09	Step 12 - I am facing my shame and developing self-compassion.
2018-02-16	Topic Reading - Trust: Only If They Cherish
2018-02-23	Open Agenda – No specific reading
2018-03-02	Step 13 - I accept that I have the right to be who I want to be and live the way I want to live.
2018-03-09	Topic Reading - Resistance: The Rusty Hinges of Recovery
2018-03-16	Open Agenda – No specific reading
2018-03-23	Step 14 - I am able to grieve my childhood and mourn the loss of those who failed me.
2018-03-30	Topic Reading - Our Experience of Recovery
2018-04-06	Open Agenda – No specific reading
2018-04-13	Step 15 - I am entitled to take the initiative to share in life's riches.
2018-04-20	Topic Reading - Support
2018-04-27	Open Agenda – No specific reading
2018-05-04	Step 16 - I am strengthening the healthy parts of myself, adding to my self-esteem.
2018-05-11	Topic Reading - Safe and Secure

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2018-05-18	Open Agenda – No specific reading
2018-05-25	Step 17 - I can make necessary changes in my behavior and relationships at home and work.
2018-06-01	Topic Reading - Confronting Our Abusers
2018-06-08	Open Agenda – No specific reading
2018-06-15	Step 18 - I have resolved the abuse with my offenders to the extent that is acceptable to me.
2018-06-22	Topic Reading - Validation Our Memories
2018-06-29	Open Agenda – No specific reading
2018-07-06	Step 19 - I hold my own meaning about the abuse that releases me from the legacy of the past.
2018-07-13	Topic Reading - Self-Soothing
2018-07-20	Open Agenda – No specific reading
2018-07-27	Step 20 - I see myself as a thriver in all aspects of life - love, work, parenting, and play.
2018-08-03	Topic Reading - Self-Sabotage
2018-08-10	Open Agenda – No specific reading
2018-08-17	Step 21 - I am resolved in the reunion of my new self and eternal soul.
2018-08-24	Topic Reading - Self-Esteem
2018-08-31	Open Agenda – No specific reading
2018-09-07	Step 1 - I am in a breakthrough crisis, having gained some sense of my abuse.
2018-09-14	Topic Reading - Power of Appreciation
2018-09-21	Open Agenda – No specific reading
2018-09-28	Step 2 - I have determined that I was physically, sexually or emotionally abused as a child.
2018-10-05	Topic Reading - Giving Meaning to Our Suffering, to Our Abuse