

Pre - Reading



1. Read **Introduction** in "Step Into Action"
 - a. Highlight anything that hits you deeply
 - b. Write a word or two in the margin as to Why?
2. Read sections in "Step Into Action"
 - a. **Practical Suggestions**
 - i. Read to understand how this book works
 - b. **Questions to Consider**
 - i. Just read and think about the questions.



If you have time...

1. Read **Basic Recovery Tools**

It has good information about the various tools we use to learn and practice recovery.

 - a. Highlight anything that hits you deeply
 - b. Write a word or two in the margin as to Why?