

# 12 Steps On The PATH To Freedom

#8 ~ September 2, 2025

## Assignment 8 – Step One: What’s wrong with my Will (power)?

Problem: Unmanageable; Willfulness; Spiritual Malady

- Read and highlight pages 44 to 45 in the Big Book, to the end of the 2nd sentence, 2nd full paragraph ending with “... will solve your problem”.
- Read and highlight page 52 of the Big Book, 2nd full paragraph beginning with “We had to ask ourselves ...” ending with “Of course it was ...”. This is the behavioral description of unmanageability and what it looks like.
- Read and highlight from pages 60 to 62 in the Big Book, from the last full paragraph on page 60 (begins “The first requirement ...” ends on page 62: “We had to have God’s help.”). This describes the actual nature of the spiritual malady.
- Reread the “bedevilment” paragraph on page 52 out loud, substituting the words “I”, “me” and “my” and using the present tense, for example: “I have to ask myself ...”. Reread pages 60 – 62 with same personal application. Pause & ask yourself: “Is this my experience?”; “Is this how I feel and/or behave?” – “TODAY?”
- Complete the “Will” worksheet attached.
- Beginning with the last paragraph on page 60, turn the following sentence into a question: “The first requirement is that we are convinced that any life run on self-will can hardly be a success.” Am I convinced? Reflect.

### LISTEN/WATCH:

<https://www.youtube.com/watch?v=A5A7cGUdCw8>

<https://www.youtube.com/watch?v=O9SOwkR47SM>

<https://www.youtube.com/watch?v=Q8kQwYJ1fGY>

