

#7 ~ August 26, 2025

# 12 Steps On The PATH To Freedom

## Assignment 7 - Step One: What's wrong with my Mind?

Problem: Delusion; Illusion; Obsession; Insanity; Compulsion

1. Write out definitions of the words:

- delusion
- illusion
- obsession
- insanity
- compulsion

2. Read and highlight pages 23 to 43 in the Big Book.

3. The two stories of Jim and Fred are provided to confirm that knowledge of the disease/addiction and self-knowledge are of no avail. How are their experiences the same and also different?

4. Refer to the worksheet in the wol.doc handout on "The Mind". Have these questions in mind when reading the material. Don't answer the questions. Just reflect on them.

- Did I ever stop?
- Have I had any time of abstinence and then relapsed?
- Why can't I do better when I know better?
- After a period of abstinence, what was I conscious of (thoughts and feelings) just before I began using again?

5. Complete the "Mind" worksheet in WOL doc (page 16).

6. **LISTEN/WATCH: Click for the links:**

[STEP 1: MIND - OBSESSION PG.23-35 \(SESSION 11\)](#)

[STEP 1: MIND - STRANGE MENTAL BLANK SPOTS \(SESSION 12\) PG. 35-43](#)

[STEP 1: MIND - "MIND" WORKSHEET/DISCUSSION \(SESSION 13\)](#)

