

#6 ~ August 19, 2025

12 Steps On The PATH To Freedom

Assignment 6 – Step One: What is Wrong with my Body?

Problem: Allergy; Phenomenon of Craving

1. Read and highlight "The Doctor's Opinion" (xxv-xxxii) in the Big Book Alcoholics Anonymous. Ask yourself the question "What is wrong with my body?"

Using a dictionary:

- Look up "allergy", "phenomenon", "craving", and "addiction".
- Write a definition.
- What does Dr. Silkworth mean by "craving"?

2. Read "Bill's Story" pages 1-8 only (skip 9-16). Look for identification: how he thought, felt, drank and behaved.

3. LISTEN/WATCH:

STEP ONE INTRO: DRS OPINION/BILLS STORY P.1-8 SESSION 07/2021 YouTube

<https://www.youtube.com/watch?v=4BHtEoHFp6g>

4. Read pages 17 to 23 "There Is a Solution".
5. Read and highlight Step One in the Twelve Steps and Twelve Traditions.

<https://silkworth.net/alcoholics-anonymous/12-he-sold-himself-short/>

6. LISTEN/WATCH:

STEP ONE: BODY - DO I HAVE AN ADDICTION? SESSION 8/2021

<https://www.youtube.com/watch?v=4Vi87uFEW44>

7. When reading ask questions:

- Have I ever lost control, once I start?
- Did I behave like that?
- Has this happened to me? More than once? More than three times?

8. Read page 263 from the Big Book for the Oxford Group's six steps.

9. Complete the "Body" worksheet from the document "Our Way of Life" (page 15) on the website, to be referred to as WOL doc.

10. LISTEN/WATCH:

STEP ONE: BODY - CRAVING STEP 1: BODY - CRAVING SESSION 09/2021 YOUTUBE

STEP ONE: "BODY" worksheet / Discussion (STEP 1 BODY WORKSHEET - SESSION 10-2021)

