

## Assignment 7 – Body / Craving

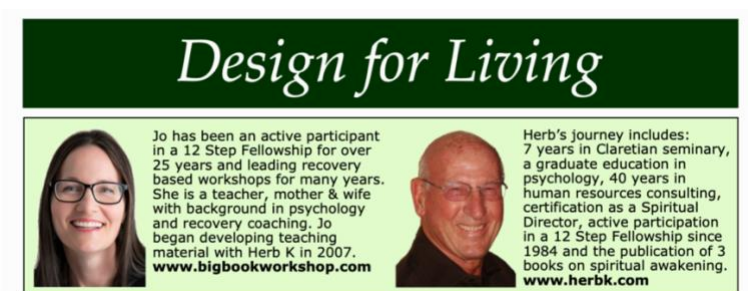
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1. Read and highlight “The Doctor’s Opinion” (xxv-xxxii) in the Big Book Alcoholics Anonymous. Ask yourself the question “What is wrong with my body?”
2. Using a dictionary look up and write out the definitions for: “**allergy**”, “**phenomenon**”, “**craving**” and “**addiction**”
3. What does Dr. Silkworth mean by “craving”?
4. LISTEN to the FIRST 30 MIN OF TEACHING from these podcasts :
  - Podcast 2020 – [08 Step 1 – The Body 1/4](#)
  - Podcast 2020 – [09 Step 1 – The Body 2/4](#)
  - Podcast 2020 – [10. Step 1 – The Body 3/4](#)
  - Podcast 2020 – [11. Step 1 – The Body 4/4](#)

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### Extension:

1. LISTEN/WATCH on YouTube - [A Design For Living - Living In The Light](#)



*Design for Living*

Jo has been an active participant in a 12 Step Fellowship for over 25 years and leading recovery based workshops for many years. She is a teacher, mother & wife with background in psychology and recovery coaching. Jo began developing teaching material with Herb K in 2007. [www.bigbookworkshop.com](http://www.bigbookworkshop.com)

Herb's journey includes: 7 years in Claretian seminary, a graduate education in psychology, 40 years in human resources consulting, certification as a Spiritual Director, active participation in a 12 Step Fellowship since 1984 and the publication of 3 books on spiritual awakening. [www.herbk.com](http://www.herbk.com)