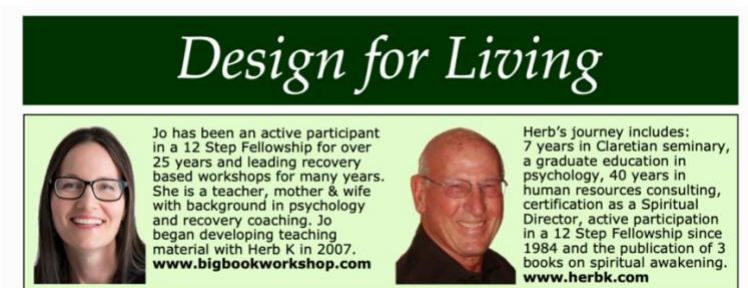


Assignment 8 – Body / Craving (Part 2)

1. Complete the “BODY” worksheet from WOL-BBW. Remember to focus on the physical reaction that occurs AFTER we engage in the addiction/unmanageable behaviour (food, alcohol, control, shopping etc.)
2. Read “Bill’s Story” pages 1-8 only (skip 9-16). Look for identification: how he thought, felt, drank and behaved
3. Continue from last week 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](#)
4. Read pages 17 to 23 “There Is a Solution”, and consider the ALLERGY OF THE BODY.

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

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