

Assignment 9 – Mind / Obsession

1. Using a dictionary look up and write out definitions for: "delusion", "Illusion", "obsession", and "insanity".
2. Read and highlight pages 23 to 35 in the Big Book and consider OBSESSION.
3. Read and highlight pages 35 to 43 in the Big Book and consider those STRANGE MENTAL BLANK SPOTS.
4. Complete the "Mind" worksheet from the WOL-BBW (p. 17).
5. LISTEN/WATCH: 16. Step 1 - The Mind 5/5 [CLICK HERE](#)

Extension:

1. If you have time LISTEN/WATCH to YouTube video:
 - Herb K - [STEP ONE: NO CHOICE!](#)
 - 12. Step 1 – The Mind 1/4 [CLICK HERE](#)
 - 13. Step 1 – The Mind 2/4 [CLICK HERE](#)
 - 14. Step 1 – The Mind 3/4 [CLICK HERE](#)
 - 15. Step 1 – The Mind 4/4 [CLICK HERE](#)