

Assignment 10 – 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.

Extension:

1. If you have time LISTEN/WATCH to YouTube video:
 12. Step 1 – The Mind 1/5 ([CLICK HERE](#))
 13. Step 1 – The Mind 2/5 ([CLICK HERE](#))