

Assignment 6 – Introducing the Work

This workshop introduces extended column work – “what is it?”, “how can it help?” and maybe, “what have I been missing?”. The aim this week was to inspire us all... to remind us of what is possible... the hope of transformation.

1. LISTEN to this weeks workshop recordings (find below).
Week 6 – Introducing Column Work
Part 1 – Resentment with a PARENT ([CLICK HERE](#))
Part 2 – Resentment with a PARTNER ([CLICK HERE](#))
Part 3 – Participant Discussion ([CLICK HERE](#))
2. Start reading and highlighting “The Doctor’s Opinion” (xxv-xxxii) in the Big Book Alcoholics Anonymous. Ask yourself the question “What is wrong with my body?”