

Assignment 7 – Step 1: Body / Craving

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. PROCESS ADDICTION – persistent, repeated behaviors that we continue to engage with despite the negative impacts on our health, home and community life. Some examples are: Internet, Shopping, Gambling, Food, Exercise, Love, Sex, Porn, Phone, Media, Gaming. DISCUSS
5. SUBSTANCE ADDICTION – persistent and intense urge to use a substance, despite substantial harm and other negative consequences. Some examples are: Alcohol, Drugs (legal or illegal), Nicotine, Food and many more. DISCUSS
6. “Phenomenon of Craving” (POC) occurs AFTER we have been exposed to our substance/process addiction. What are some of the signs and symptoms that you may be in “POC”?
7. Reflect on the image of a boat (the substance or process), and the wake (our Phenomenon of Craving). The wake is a period of time where our waters are quite turbulent (irritable, restless and discontent). Lean into the HOPE of those calm waters (our sense of ease and comfort) neutrality. Remember the ‘wake’ WILL pass. DISCUSS

Extension:

1. LISTEN to the FIRST 30 MIN OF TEACHING from these podcasts :
 08. Step 1 – The Body 1/4 ([CLICK HERE](#))
 09. Step 1 – The Body 2/4 ([CLICK HERE](#))
 10. Step 1 – The Body 3/4 ([CLICK HERE](#))
 11. Step 1 – The Body 4/4 ([CLICK HERE](#))