

Assignment 9 – Step 1 - Body / Autobiography

1. Complete the “BODY” worksheet from WOL-BBW page 16. Remember to focus on the physical reactions that occur AFTER we engage in a substance or process addiction (food, alcohol, control, worry, shopping etc.)
2. I notice some of the following reactions AFTER I engage in a substance or process addiction: shaky hands, racing heart, speaking quickly, agitation, hyper focus, irritable, unable to make eye contact, restlessness, discontent, sudden overwhelming negative-self thoughts. CONSIDER
3. In the workshop this week, we discuss and complete a Step One Autobiography. This is the beginning of our inventory work. Consider getting a “locked box” to keep your step work private and secure.