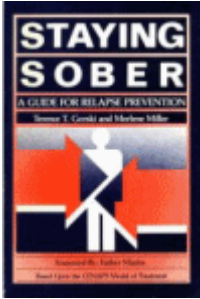


# *Staying Sober*

## *A Guide to Relapse Prevention*

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**10 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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## Examination Questions

### Chapter I: Relapse in Addictive Disease

1. According to the authors, \_\_\_\_ facing the possibility of relapse is the only way to prevent it.
  - a. never
  - b. casually
  - c. realistically
  - d. impartially
  
2. According to the authors, people with an addictive disease experience abnormal reactions to:
  - a. the use of the addictive chemical
  - b. not using the addictive chemical
  - c. all of the above
  - d. none of the above
  
3. Most people are not aware that there are symptoms that emerge with abstinence and that these symptoms can be reactivated at any time during recovery.
  - a. True
  - b. False
  
4. According to the authors, more and more people are coming to recognize that the process of relapse begins \_\_\_\_ addictive use starts.
  - a. when
  - b. before
  - c. after
  - d. none of the above
  
5. Relapse tendencies \_\_\_\_ normal and \_\_\_\_ a natural part of the recovery process.
  - a. are
  - b. are not
  
6. It is possible to interrupt the relapse syndrome before serious consequences occur by:
  - a. starting the recovery process over again
  - b. accepting the consequences
  - c. surrendering to the symptoms
  - d. bringing the warning signs into conscious awareness

**Chapter II: Addictive Disease**

7. The major addictive drugs can be classified in the following four groups:
- legal, illegal, prescriptive, and street drugs
  - mind-altering, mood-altering, neuro-reactive, and bio-reactive
  - depressants, stimulants, narcotics and hallucinogenics
  - none of the above
8. Addiction is a condition in which a person develops bio-psycho-social dependence on any mood altering substance.
- True
  - False
9. According to Milam and Ketchum, brain chemistry in an addictive person \_\_\_\_ that of a nonaddicted person.
- is identical to
  - is similar to
  - differs from
  - does not differ from
10. Different people \_\_\_\_ different levels of genetic or inherited susceptibility to addiction.
- have
  - do not have
11. Physical withdrawal develops in the following two phases:
- early withdrawal and middle withdrawal
  - primary withdrawal and secondary withdrawal
  - tertiary withdrawal and secondary withdrawal
  - acute withdrawal and post acute withdrawal (PAW)
12. An increase in tolerance to alcohol or drugs develops in the \_\_\_\_ of addiction.
- early stage
  - middle stage
  - chronic stage
  - none of the above
13. Progressive loss of control occurs during which stage of addiction?
- early
  - middle
  - chronic
  - none of the above
14. Physical, psychological, behavioral, social, and spiritual deterioration occurs during which stage of addiction?
- early
  - middle
  - chronic
  - all of the above
15. Which of the following is not one of the six elements of the addiction cycle?
- long-term gratification
  - addictive thinking
  - loss of control
  - none of the above
16. According to the authors, withdrawal is a medical problem and should be treated by a physician.
- True
  - False

17. According to the authors, searching for the cause of an addiction is usually:
- a. productive
  - b. nonproductive

### Chapter III: Post Acute Withdrawal

18. Post Acute Withdrawal (PAW) is a group of symptoms of addictive disease that occur as a result of \_\_\_\_ addictive chemicals.
- a. the long-term use of
  - b. abstinence from
  - c. withdrawal from
  - d. the moderate use of
19. There are \_\_\_\_ major types of PAW symptoms that contribute to the inability to solve simple problems.
- a. three
  - b. four
  - c. six
  - d. eight
20. Post Acute Withdrawal symptoms \_\_\_\_ the same in everyone.
- a. are
  - b. are not
21. According to the authors, \_\_\_\_ helps rebuild the body and keep it functioning while also reducing stress.
- a. work
  - b. talking
  - c. reading
  - d. exercise

### Chapter IV: Recovery and Partial Recovery

22. Which of the following statements about recovery is not true?
- a. Although addictive disease can be controlled, it can never be cured.
  - b. There is always the possibility of relapse.
  - c. Recovery from addictive disease does not have to be a process that requires a long period of time.
  - d. Unless measures are taken on a long-term basis to control the disease, relapse is likely.
23. According to the authors, in pretreatment it is possible for a person to be forced into treatment before ever having recognized the addiction.
- a. True
  - b. False
24. During which developmental recovery period does the person come to value sober living?
- a. Stabilization
  - b. Early Recovery
  - c. Middle Recovery
  - d. Late Recovery
25. Which of the following describes the primary goal of the Late Recovery Period?
- a. personality change for the development of healthy self-esteem
  - b. the capacity for healthy intimacy
  - c. the ability to live happily and productively
  - d. all of the above
26. Recovery from addictive disease \_\_\_\_ a process of straight line growth.
- a. is
  - b. is not

**Chapter V: Mistaken Beliefs About Recovery and Relapse**

27. The first step in preventing relapse is to understand:

- a. what it is
- b. what it is not
- c. what it is and what it is not
- d. none of the above

28. Which of the following is not one of the areas of mistaken beliefs that prevent relapse prone people from recovering?

- a. the role of alcohol and drug use in recovery and relapse
- b. the presence and nature of relapse warning signs
- c. the meaning and role of motivation in recovery
- d. the ineffectiveness of sobriety

**Chapter VI: Understanding the Relapse Process**

29. According to the authors, when addictive use begins again, it is the \_\_\_\_ of the relapse process that is already occurring.

- a. end
- b. beginning
- c. result
- d. none of the above

30. According to the authors, the most important aspect of John Blattner's research (1985) is the fact that there \_\_\_\_ an increased tendency toward relapse reported in heavy caffeine users.

- a. is
- b. is not

31. Compulsive behavior is not measured so much by what you do as it is by how you do it.

- a. True
- b. False

**Chapter VII: The Relapse Syndrome**

32. According to the authors, \_\_\_\_ is a normal part of life, but a major cause of stress.

- a. fear
- b. intuition
- c. anger
- d. change

33. According to the authors, \_\_\_\_ the symptoms of post acute withdrawal is the best method of relapse prevention.

- a. embracing
- b. accepting
- c. managing
- d. none of the above

**Chapter VIII: Relapse Prevention Planning**

34. Which of the following are steps of relapse prevention planning?

- a. Stabilization, Self-Assessment, Relapse Education
- b. Warning Sign Identification, Warning Sign Management, Inventory Training
- c. Review the Recovery Program, Involvement of Significant Others, Follow-Up
- d. all of the above

**Chapter IX: Family Involvement in the Relapse Syndrome**

35. According to the authors, family members \_\_\_\_ powerful allies in preventing relapse in the addict.
- a. are not
  - b. can be

**Chapter X: The Relapse Prevention Self-Help Group**

36. Which program tells us that by studying those who are prone to relapse and determining what is happening to them physically, socially, and spiritually, we can figure out what needs to happen to in order for them to become “constitutionally capable of recovery?”
- a. Alcoholics Anonymous (AA)
  - b. Relapse Prevention Planning (RPP)
  - c. Developmental Model of Recovery (DMR)
  - d. none of the above