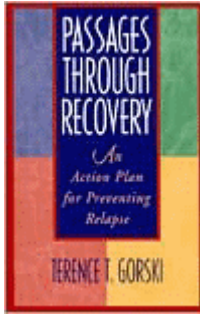


Passages through Recovery

An Action Plan for Preventing Relapse

Terence T. Gorski, M.A.

7 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Part I: An Overview of the Recovery Process – Learning Where We’re Going

1. According to the author, a disease that causes a person to lose control over use of alcohol or other drugs is called:
 - a. a series of unfortunate events
 - b. bad luck
 - c. chemical dependency
 - d. none of the above

2. According to the author, sobriety is:
 - a. living a meaningful and comfortable life without the need for alcohol or other drugs
 - b. more than just healing the damage
 - c. living a lifestyle that promotes continued physical, psychological, social, and spiritual health
 - d. all of the above

3. According to the author, which of the following is not one of the series of beliefs that make up the Developmental Model of Recovery (DMR)?
 - a. Recovery is a long-term process that is not easy.
 - b. It is neither normal nor natural to periodically get stuck on the road to recovery.
 - c. There are underlying principles that govern the recovery process.
 - d. Recovery requires total abstinence from alcohol and other drugs, plus active efforts toward personal growth.

4. According to the author, which of the following is not one of the things to accomplish to complete late recovery?
 - a. First, we recognize the problems we have as adults that were caused by growing up in a dysfunctional family.
 - b. Second, we learn how to recover from the unresolved pain that was caused by growing up in a dysfunctional family.
 - c. Third, we learn how to confront those that caused the unresolved pain that was caused by growing up in a dysfunctional family.
 - d. Finally, we learn how to solve current problems in spite of the obstacles caused by how we were raised.

Part II: Transition – Giving Up the Need to Control Use

5. According to the author, which of the following is not one of the series of predictable strategies that most chemically dependent people attempt in order to regain control of the use of alcohol or other drugs?
- changing the pace
 - changing the frequency
 - cutting the quantity
 - total abstinence
6. According to the author, chemical dependency is a disease, a chronic, lifelong illness that slowly and predictably develops and progresses over time, and will eventually go away.
- True
 - False
7. According to the author, most of us use _____ to protect ourselves from the awareness that we are addicted.
- denial
 - anger
 - honesty
 - none of the above
8. According to the author, there are three levels of denial:
- mild, moderate and chronic
 - mild, chronic and severe
 - mild, moderate and severe
 - elementary, secondary and severe

Part III: Stabilization – Recuperating from the Damage of Addiction

9. Which of the following occurs at the beginning of the stabilization process?
- developing hope and motivation
 - withdrawal
 - learning to solve problems without using alcohol or other drugs
 - none of the above
10. Post-acute withdrawal symptoms include difficulty in which of the following?
- thinking clearly
 - managing feelings and emotions
 - managing stress
 - all of the above
11. According to the author, addictive preoccupation includes which of the following?
- euphoric recall and negative expectancy
 - positive expectancy and negative recall
 - obsession, compulsion, and craving
 - none of the above
12. According to the author, the most helpful problem-solving strategies include:
- problem identification, problem clarification, identifying alternatives
 - examine alternatives, decision
 - action, evaluation
 - all of the above

Part IV: Early Recovery – Understanding and Acceptance

13. According to the author, the major goal of early recovery is change the ____ alcohol and other drug use that set us up for relapse.
- attitudes and beliefs about
 - rate of consumption of
 - frequency of
 - none of the above
14. According to the author, recovery requires two kinds of change:
- tolerance and understanding
 - unconscious and conscious
 - physical and biological
 - all of the above
15. Which of the following statements is not true regarding the author recommendations for resolving the pain of addiction experiences?
- Think and talk about the experiences.
 - Discuss the memories with others in a safe environment.
 - Most people are able to think their way through the unresolved pain.
 - Once in a safe environment, it is important to describe the details as clearly and accurately as possible.

Part V: Middle Recovery – Achieving Lifestyle Balance

16. According to the author, middle recovery consists of:
- repairing the damage done through the illness
 - making amends
 - identifying the problems and resolving them
 - all of the above
17. According to the author, recovering people radically increasing their caffeine intake is harmless.
- True
 - False
18. According to the author, to learn from our behavior, we must:
- become aware of what we are doing and what happens as a result
 - need to take responsibility for the outcome of our behavior
 - need to be willing to learn from our behavior
 - all of the above
19. According to the author, recovery skills are:
- developmental
 - hypothetical
 - flexible
 - none of the above

Part VI: Late Recovery – Building Depth and Meaning in Life

20. According to the author, the problems we face in late recovery are usually not related to our family of origin.
- True
 - False
21. According to the author, the message given to children in dysfunctional families is:
- don't take sides
 - don't think
 - don't overreact
 - none of the above

22. Which of the following is not one of the ten most common problems faced by chemically dependent people raised in a dysfunctional family?
- a. the inability to solve important personal problems
 - b. the need to blame others for your own problems
 - c. the inability to develop rigid habits
 - d. the inability to manage feelings
23. According to the author, family of origin issues do not cause addiction.
- a. True
 - b. False

Part VII: Maintenance – Learning How to Enjoy the Journey

24. According to the author, by practicing an active and continuous program of growth and development, the disease of alcoholism is in remission and will eventually be cured.
- a. True
 - b. False