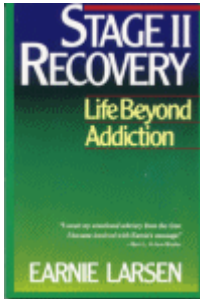


Stage II Recovery

Life Beyond Addiction

Earnie Larsen

3 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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3. **Read** text and answer exam questions on this sheet.
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Examination Questions

Chapter 1: Recovery is the Goal

1. According to the author, which of the following statements is false?
 - a. Like cancer and other diseases, alcoholism can be cured and does go away.
 - b. A true alcoholic can never drink again.
 - c. The disease of alcoholism can only be arrested.
 - d. The living problems underlying addiction can be cured.

2. According to the author, the first step in engineering healthy relationships is to look at yourself so you can deal with the living problems that underlie addiction.
 - a. True
 - b. False

3. According to the author, not all recovering people have to work on their self-esteem.
 - a. True
 - b. False

Chapter 2: Self-Defeating Learned Behaviors

4. According to the author, habits ____ be changed.
 - a. can
 - b. cannot

5. According to the author, caregivers don't just care for others; they:
 - a. breed dependency
 - b. have learned to base their self-image on how much they can do for other people
 - c. “baby-make” in the name of care and love
 - d. all of the above

6. According to the author, ____ can never be happy or satisfied.
 - a. workaholics
 - b. tap dancers
 - c. perfectionists
 - d. martyrs

Chapter 3: Habits

7. According to the author, as much as ____ percent of what we do is the result of habit, not choice.
- 86
 - 98
 - 89
 - 68
8. According to the author, to a large extent, we ____ choose our habit.
- do
 - don't
9. According to the author, if you want to change how you feel, you must change how you act and keep at it long enough until acting in a healthy manner is as comfortable as acting in a self-defeating manner used to be.
- True
 - False
10. According to the author, which of the following patterns is necessary for recovery?
- Think, Feel, Act
 - Think, Act, Feel

Chapter 4: Change

11. According to the author, change – all change – takes place in three sequential steps.
- Action, Decision, Conversion
 - Decision, Conversion, Action
 - Conversion, Decision, Action
 - Decision, Action, Conversion
12. According to the author, we do not change until we have some kind of awakening to the fact that we are going to lose something we are not prepared to live without if we do not change.
- True
 - False
13. According to the author, when a person accepts that if they do not change they will lose something or someone they are not prepared to live without is referred to as:
- decision experience
 - conversion experience
 - action experience
 - none of the above
14. According to the author, the reason for understanding the spiritual dimension of conversion is:
- to help you be patient and kind to yourself
 - to identify with other people in the program
 - to distract your true feelings
 - none of the above
15. According to the author, in an effort to avoid going to war with ourselves, we tend to attempt ____ rather than change in the recovery effort.
- a balance
 - denial
 - stagnation
 - changes

Chapter 5: Working a Program

16. According to the author, the four characteristics of an effective program are:

- a. stable, familiar, consistent, and fundamental
- b. concrete, practical, focused, and consistent
- c. fundamental, practical, focused, and concise
- d. none of the above

17. According to the author, we form all new behavioral patterns by:

- a. repeated action
- b. helping others
- c. attending meetings
- d. none of the above

18. According to the author, a program is a series of small behaviors that, if practiced consistently, practically, and with focus, will create new alternatives and options.

- a. True
- b. False

Chapter 6: Relationships

19. According to the author, the first step in building new relationships is to be willing to take a look at ____.

- a. others, not me
- b. past behaviors
- c. me, not you
- d. none of the above

Chapter 7: Success

20. According to the author, the birthplace of struggles is self-defeating learned behaviors.

- a. True
- b. False