

addiction recovery discussion questions

Addiction Recovery Discussion Questions: A Guide for Support Groups and Individuals

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Description: This article provides a comprehensive overview of effective addiction recovery discussion questions, categorized for various stages of recovery and group settings. Understanding how to facilitate meaningful discussions is crucial for fostering a supportive environment that encourages self-reflection, accountability, and lasting change. We explore the significance of these questions in different therapeutic contexts, such as individual therapy, group therapy, and support groups. The article emphasizes the importance of creating a safe and non-judgmental space where individuals feel comfortable sharing their experiences and learning from one another. We offer examples of addiction recovery discussion questions that address a range of topics, including triggers, cravings, relapse prevention, emotional regulation, and building a strong support network.

Summary: This resource delves into the powerful role of addiction recovery discussion questions in the journey to sobriety. It highlights the diverse applications of these questions across different recovery settings, emphasizing the importance of tailoring questions to the specific needs and stage of recovery of the individuals involved. The article provides numerous examples of effective questions, categorized for clarity and ease of use. It underscores the need for a safe and supportive environment for open and honest dialogue, crucial for fostering personal growth and lasting recovery. The article also stresses the importance of professional guidance when facilitating these discussions, particularly in therapeutic settings. Finally, it offers supplemental resources for further learning and exploration of the topic.

I. The Power of Dialogue in Addiction Recovery

The journey to recovery from addiction is rarely a solitary one. While individual therapy plays a vital role, the power of shared experience and mutual support cannot be underestimated. Addiction recovery discussion questions provide a framework for fostering these crucial connections, transforming challenging experiences into opportunities for growth and healing. These questions aren't simply about asking for information; they are about prompting introspection, challenging limiting beliefs, and building coping mechanisms.

The effectiveness of these questions hinges on several factors:

Creating a Safe Space: Participants need to feel comfortable sharing vulnerable information without fear of judgment or criticism. This requires establishing clear ground rules and a culture of respect and empathy.

Tailoring Questions to the Group: Addiction recovery discussion questions should be tailored to the specific needs and stage of recovery of the individuals involved. Questions suitable for a group of individuals newly entering recovery will differ greatly from those appropriate for individuals in long-term recovery.

Facilitator Expertise: A skilled facilitator is essential for guiding discussions, managing conflict, and ensuring that all participants feel heard and valued. This person needs to be able to create a non-judgmental space.

Active Listening & Empathy: Encouraging active listening and empathetic responses from group members helps to reinforce the sense of community and support.

II. Categories of Addiction Recovery Discussion Questions

To maximize their impact, addiction recovery discussion questions can be categorized into several key areas:

A. Identifying Triggers and Cravings:

What situations, people, or places tend to trigger your cravings?

What are your early warning signs of a potential relapse?

What coping mechanisms have you found helpful in managing cravings?

How can you create a plan to avoid your triggers?

Can you share a time you successfully navigated a craving? What strategies did you use?

B. Exploring Emotional Regulation:

What emotions do you struggle with the most?

How do you typically cope with difficult emotions?

Are there healthier ways you could manage these emotions?

What are your strengths and resources that you can leverage in challenging situations?

How can mindfulness help you manage difficult emotions?

C. Building a Support Network:

Who are the supportive people in your life?

How can you strengthen your relationships with these individuals?
Who can you turn to when you are struggling?
How can you build a stronger support system?
What are the benefits of having a strong support system?

D. Relapse Prevention Planning:

What are your personal relapse triggers and risk factors?
What is your relapse prevention plan?
How can you develop and maintain a strong recovery support network?
How can you recognize and respond to early warning signs of relapse?
What strategies can you use if you experience a slip? How do you handle this without self-criticism?

E. Reflecting on Progress and Setbacks:

What progress have you made in your recovery journey?
What challenges have you faced?
What lessons have you learned from your setbacks?
How have you grown as a person throughout your recovery?
What are your goals for the future?

F. Addressing Underlying Issues:

What are the root causes of your addiction?
What are your personal coping mechanisms, and are they healthy or unhealthy?
How can you address any underlying trauma or mental health issues?
What tools or resources can help you achieve mental and emotional wellness?
How does self-compassion play a role in your recovery process?

III. Using Addiction Recovery Discussion Questions Effectively

The skillful use of addiction recovery discussion questions is essential for creating a productive and supportive environment. Here are some best practices:

Start with Open-Ended Questions: Open-ended questions encourage deeper reflection and more detailed responses than yes/no questions.

Create a Safe and Judgment-Free Space: Emphasize confidentiality and respect within the group.

Facilitate Active Listening: Encourage participants to listen attentively to one another and provide supportive feedback.

Encourage Self-Reflection: Help participants connect their experiences to their personal growth and recovery goals.

Celebrate Successes: Acknowledge and celebrate the progress individuals have made in their recovery journeys.

IV. Conclusion

Addiction recovery discussion questions are an invaluable tool in the process of recovery. By fostering open dialogue, promoting self-reflection, and building supportive relationships, these questions can

significantly improve the likelihood of long-term success. Remember that the key to effectiveness lies in creating a safe and supportive environment, tailoring questions to the specific needs of the individuals involved, and employing strong facilitation skills. The journey to recovery is a personal one, and these questions serve as a guide to help individuals navigate this challenging but ultimately rewarding process.

FAQs

1. Are these questions suitable for all types of addiction? Yes, while specific details may need adjustment, the underlying principles of self-reflection, coping mechanisms, and support systems apply across various addictions.
1. How often should these discussion questions be used? The frequency depends on the setting. Support groups might use them weekly, while individual therapy might incorporate them into each session as needed.
1. What if someone doesn't want to answer a question? Respect their boundaries. Never force anyone to share more than they are comfortable with.
1. Can these questions be used for family members of addicts? Absolutely. Family members often benefit from discussing their experiences, coping strategies, and support needs.
1. Are there resources available to help facilitate these discussions? Yes, many books, workshops, and online resources offer guidance on facilitating group discussions in addiction recovery.
1. How can I find a qualified facilitator for a support group? Contact local treatment centers, mental health organizations, or addiction recovery centers for referrals.
1. Can these questions be adapted for individual journaling? Yes, using these questions as prompts for personal reflection can be a valuable tool for self-discovery and growth.

1. What if a group member experiences a relapse? This is an opportunity for learning and growth. The group can discuss strategies for relapse prevention and support the member through their experience.
1. How do I know if the questions are effective? Observe increased participation, a sense of connection among members, and reports of improved coping skills and emotional well-being.

Related Articles:

1. "Overcoming Relapse Triggers: A Practical Guide": This article explores common relapse triggers and provides practical strategies for managing them.
1. "Building a Strong Support Network in Recovery": This article offers guidance on identifying and developing a strong support network crucial for long-term sobriety.
1. "The Role of Emotional Regulation in Addiction Recovery": This article discusses the importance of emotional regulation in preventing relapse and promoting overall well-being.
1. "Mindfulness Techniques for Addiction Recovery": This article explores various mindfulness techniques that can help individuals manage cravings, stress, and other challenges.
1. "Understanding the Stages of Addiction Recovery": This article provides an overview of the various stages of recovery and the unique challenges associated with each stage.
1. "Trauma-Informed Care in Addiction Treatment": This article discusses the significant role of trauma in addiction and how trauma-informed approaches can improve treatment outcomes.
1. "The Importance of Self-Compassion in Addiction Recovery": This article explores the role of self-compassion in fostering self-acceptance and reducing self-criticism, vital components of

successful recovery.

1. "Family Therapy and Addiction: Supporting Loved Ones": This article provides guidance for families navigating the challenges of addiction and explores the benefits of family therapy.
1. "Integrating Spirituality into Addiction Recovery": This article explores the role of spirituality in promoting personal growth, resilience, and a sense of purpose in recovery.

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and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

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Intervention Sharon L. Johnson, 2003-04-28 Author of AP's bestselling *Therapist's Guide to Clinical Intervention* now turns her attention to substance abuse intervention. The book will follow a similar format to her previous book, presenting information in easy to read outline form, with relevant forms, patient questionnaires, checklists, business documents, etc. Part I discusses the social impact of substance abuse and provides a general overview of the physiological and psychological characteristics of abuse, DSM IV definition of abuse, and classifications of the varying types of drugs. Part II is the main section of the book and covers assessment, different stages of abuse/recovery, and treatment choices. Coverage includes the discussion of myriad self help choices (e.g. AA), group therapy, brief therapy, and more. Discussion will also include making a determination of treatment as inpatient or outpatient, and issues relevant to special populations (teenagers, geriatrics, comorbidity patients, etc.). Part III presents skill building resources. Part IV covers prevention, quality assurance, and also includes a glossary. * Outlines treatment goals and objectives * Outlines for assessing special circumstances * Offers skill building resources to supplement treatment

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Edition Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C. DiClemente, 2015-10-22 The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Reflects significant developments in research and clinical practice. *Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. *Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. *41 of the 58 handouts are new or revised; all are now downloadable. See also *Substance Abuse Treatment and the Stages of Change, Second Edition*, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

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substance misuse and reduce its consequences.

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What newscast does not include something on tragedy caused by addiction? What extended family has not had someone with an addiction problem? What hospital is not one-third full of patients there due to addictive problems? Even though addiction is America's number one health problem, our understanding of this disease is woefully inadequate. Kal Rissman has the ability to take the complex issues of addiction and make them understandable. This is a book that not only offers a non-judgmental understanding of addiction, but offers concrete solutions and hope to those afflicted with the disease and those affected by the disease. Kal Rissman has provided us with a blend of clinical expertise and pastoral perspective in exploring ways to meaningfully minister to those who are addicted. In this book he demonstrates both understanding of the operative issues and the realities involved in the healing process and guidance for family members. He does it with rare insight and delightful humor. - Robert F. Maltzahn, Doctor of Ministry and Lutheran pastor for 54 years. Kal Rissman has a remarkable gift for simplifying complex issues into easily understandable terms. He explains the multifaceted aspects of the baffling disease of addiction, describes current trends in recovery and offers insight and practical advice to help general and professional audiences understand addiction. - Bruce Perkins, M.A., CDAC, LMFT, LSW, BRI - II, Intervention Specialist. Knowledge to Power: Understanding and Overcoming Addiction is the perfect resource for anyone struggling with addiction or who loves someone dealing with substance abuse. I will be sharing it with my clients and their families. - Sheryl Maupin, M.A., CRC., Therapist and Substance Abuse Counselor.

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Self-Awareness and Self-Reflection: This section includes exercises that encourage group members to explore their thoughts, feelings, and behaviors related to substance abuse, gaining valuable insights into their personal experiences and patterns of use. Coping Skills and Relapse Prevention: These activities help group members develop essential skills for managing stress, coping with cravings, and preventing relapse, empowering them to take control of their recovery journey. Emotional Regulation and Mindfulness: This section offers exercises that teach group members how to effectively manage difficult emotions, cultivate self-compassion, and practice mindfulness, promoting emotional well-being and resilience. Communication and Relationship Building: These activities focus on enhancing interpersonal skills, improving communication, and fostering healthy relationships, supporting group members in their efforts to rebuild connections with loved ones and establish new, supportive networks. Goal Setting and Personal Growth: This section includes exercises that encourage group members to set realistic, achievable goals for their recovery and personal growth, helping them to stay motivated and committed to lasting change. In addition to these thematic sections, the book also features numerous real-world examples and case studies that illustrate the transformative power of group therapy for individuals coping with substance abuse. These inspiring stories offer valuable insights and lessons for mental health professionals, addiction counselors, and group facilitators seeking to develop effective, evidence-based programs for their clients. The final section of the book examines the broader implications of substance abuse treatment, exploring the role of community resources, family involvement, and ongoing support in promoting lasting recovery and healing. Topics covered include: The importance of aftercare and continued support for individuals in recovery Strategies for engaging family members and loved ones in the treatment process The role of peer support groups and community resources in sustaining recovery

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perspective at the center of its approach and provides a multifaceted alternative to the prevalent individual-focused model. Drawing from Bowen Family Systems Theory and the principles of the 12 step program, the book presents a model of integration that addresses the needs of families struggling with addiction. Illustrated with discussion questions and case narratives of former addicts, the text guides both practitioners and families towards a goal of creating an environment that supports recovery. Offering an overview of the history and current models of addiction treatment, chapters also outline a 6 week Family Matters Program, with accompanying treatment interventions and case studies. The book concludes with an examination of how this program can be implemented by practitioners in a variety of clinical settings. *Family Therapy and the Treatment of Substance Use Disorders* is essential reading for anyone with an interest in understanding the diverse ways in which addiction affects families. It will be particularly relevant to students of family therapy, but clinicians who work across the fields of substance abuse treatment or family counseling will also benefit from reading this book.

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Nursing Book of the Year awards! NEW! Nine new chapters ensure you have the most up-to-date information on key topics such as ethical dimensions of policy and politics, patient engagement, public health, women's reproductive health, emergency preparedness, new health insurance exchanges, and much more. NEW! The latest information and perspectives are provided by nursing leaders who influenced health care reform, including the Affordable Care Act. NEW! Emphasis on evidence-based policy throughout the text. NEW! A list of web links is included in most chapters for further study.

addiction recovery discussion questions: *Women, Girls, and Addiction* Cynthia A. Briggs, Jennifer L. Pepperell, 2009-06-19 *Women, Girls, and Addiction* is the first book on the efficacy of treatment approaches and interventions that are tailored to working with addicted women, and the first publication of any kind to provide a feminist approach to understanding the experience of addiction from the female perspective. Part I of the book provides an overview of feminist theory and addiction counseling, followed by an historical look at women and addiction (research, treatment, demographics). The three chapters in part two give an in-depth look at the biological, psychological, and social factors of the experience of addiction as unique in women. The final section of the book presents a series of chapters spanning the lifespan, which each feature age-specific special issues, treatment strategies, interventions, and commonly encountered topics in therapy with the population.

addiction recovery discussion questions: *Addicted Like Me* Karen Franklin, 2010-10 Told through the voices of a mother-daughter writing team, *Addicted Like Me* offers a detailed personal account of addiction and how it affects the entire family. Karen Franklin recounts her own past as a young addict, her struggle with the alcohol...

addiction recovery discussion questions: *The Outside-The-Box Recovery Workbook* Kim Rosenthal, 2021-08 Drug and alcohol counselor, creativity-guru, and humorist in one, Dr. Kim Rosenthal's *Outside-the-Box Recovery Workbook* is an innovative and friendly action-plan for recovery. The workbook takes the reader on a 130-page introductory journey into the world of sobriety, where relapse prevention, cognitive behavioral therapy, motivational interviewing, and the hard work of recovery meet entertainment and creativity. That means art therapy, positive psychology, narrative therapy, and creative writing - as well as illustrations, alter egos, movies, mazes, word searches, cartoons, and a joke or two. With this book as guide, you'll learn more about: Grieving the loss of addiction? Taking on triggers and cravings? Understanding change? Dealing with mistakes? What to do if you relapse? Setting goals and pursuing dreams? Getting to know the new you in recovery? Whether you're a professional or someone new to recovery, if you're looking for a clinical approach to addiction that's both demanding and paradoxically fun, this book was written for you. Welcome. Take off your jacket and stick around a while. Dr. Rosenthal is a board-certified psychiatrist with more than 20 years of experience helping people get past mental illness and addiction. She's licensed in Maine, Hawaii, and North Carolina and has experience working in dozens of settings, including detox units, rehabs, hospitals, clinics, forensics, geriatrics, and with our nation's veterans. She founded the Outside-the-Box Recovery movement to help providers help clients beat addiction.

addiction recovery discussion questions: Correctional Counseling, Treatment, and Rehabilitation Robert D. Hanser, 2024-01-09 Written for the undergraduate and graduate future practitioner, *Correctional Counseling, Treatment, and Rehabilitation* will provide an overview of how counseling exists within the correctional environment, both in institutional settings and community-based settings. Author Robert D. Hanser, recognized for both scholarship and practice in correctional mental health treatment, uniquely positions this text to offer a real-world, practitioner focused approach to the topic. *Correctional Counseling, Treatment, and Rehabilitation* approaches the reader with the presumption that there is a basic understanding of issues in corrections, however there is not any true exposure to offender treatment. Explaining the techniques and processes that are utilized in the actual treatment process, this text will equip all future correctional practitioners with an understanding of basic concepts within correctional counseling and treatment

that are up-to-date and relevant to the world of practitioners. With a hands-on approach, this new text will guide students through how to apply this material throughout.

addiction recovery discussion questions: Group Treatment for Substance Abuse Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C. DiClemente, 2015-11-26 The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a webpage where they can download and print the reproducible materials. New to This Edition *Reflects significant developments in research and clinical practice. *Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. *Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. *41 of the 58 handouts are new or revised; all are now downloadable. See also Substance Abuse Treatment and the Stages of Change, Second Edition, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

addiction recovery discussion questions: Addiction Counseling Review Robert Holman Coombs, 2004-12-13 Addiction Counseling Review: Preparing for Comprehensive, Certification, and Licensing Examinations offers a clear, readable overview of the knowledge and skills those training as alcohol or other drug counselors need to pass their final degree program, certification, and licensing examinations. It is organized into six sections: Addiction Basics, Personality Development and Drugs, Common Client Problems, Counseling Theories and Skills, Treatment Resources, and Career Issues. Each chapter includes challenging study questions that enable readers to assess their own level of understanding, including true/false, multiple choice, and provocative discussion questions. Each chapter also provides a glossary of key terms and, in addition to references, annotated suggestions for further reading and Web site exploration. This book will be a resource to which students and trainees will go on referring to long after it has helped them through their examinations. In addition, faculty and established professionals will find it a useful one-stop summary of current thinking about best practice.

addiction recovery discussion questions: How to Fix a Broken Heart Guy Winch, 2018-02-13 Imagine if we treated broken hearts with the same respect and concern we have for broken arms? Psychologist Guy Winch urges us to rethink the way we deal with emotional pain, offering warm, wise, and witty advice for the broken-hearted. Real heartbreak is unmistakable. We think of nothing else. We feel nothing else. We care about nothing else. Yet while we wouldn't expect someone to return to daily activities immediately after suffering a broken limb, heartbroken people are expected to function normally in their lives, despite the emotional pain they feel. Now psychologist Guy Winch imagines how different things would be if we paid more attention to this unique emotion—if only we can understand how heartbreak works, we can begin to fix it. Through compelling research and new scientific studies, Winch reveals how and why heartbreak impacts our brain and our behavior in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve, and to function at our best. In How to Fix a Broken Heart he focuses on two types of emotional pain—romantic heartbreak and the heartbreak that results from the loss of a cherished pet. These experiences are both accompanied by severe grief responses, yet they are not deemed as important as, for example, a formal divorce or the loss of a close relative. As a result, we are often deprived of the recognition, support, and compassion afforded to those whose heartbreak is considered more significant. Our heart might be broken, but we do not have to break with it. Winch reveals that recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Winch offers a

toolkit on how to handle and cope with a broken heart and how to, eventually, move on.

addiction recovery discussion questions: Counseling Individuals With Co-Occurring Addictive and Mental Disorders Reginald W. Holt, PhD, Regina R. Moro, PhD, 2023-04-03 The premier text on co-occurring mental and substance use disorders Written by professional counselors for counselors, this lucid text delivers comprehensive information for those who work with individuals suffering from these complex maladies. It is distinguished by its grounding in the holistic, wellness orientation of the counseling profession and a segment dedicated to specific populations such as military, LGBTQ+, multicultural, and those that are gender- or age-related. Contributing authors from diverse backgrounds, comprised mostly of counselors, provide an orientation that is distinct from that of the medical community. Written for masters and doctoral-level students in counselor education programs, the text provides the most current information available and is aligned with DSM-5 and CACREP standards. It offers a step-by-step approach to understanding COD concepts, guiding principles for working with such clients, treatment approaches and diagnostic considerations, and the neuroscience of addiction and mental health. It includes a breakdown of specific co-occurring disorders and describes special population considerations. Clinical case illustrations bring content to life and discussion questions reinforce information. A robust instructor's package includes an Instructor Manual, Test Banks, and Instructor Chapter PowerPoints. Key Features: Written by professional counselors for counselors Grounded in a holistic wellness orientation Offers a dedicated special populations section with considerations for age, gender, military, and LGBTQ+ groups Discusses diagnosis and treatment of specific co-occurring disorders Provides clinical case illustrations from the perspective of a practicing counselor Includes chapter learning objectives and discussion questions to foster critical thinking Aligned with DSM-5 and CACREP standards

addiction recovery discussion questions: Handbook of Counselor Preparation Karen Eriksen, 2011-12 Published in cooperation with the Association for Counselor Education and Supervision (ACES)

addiction recovery discussion questions: Helping Others Overcome Addictions Steve McVey, Mike Quarles, 2012-08-01 Does Christianity have an answer for addiction? As longtime pastor Mike Quarles's alcoholism worsened over eight years, churches and Christians referred him to treatment, 12-Step programs, therapy...nothing worked. Steve McVey, also a pastor, repeatedly dished out the same advice Mike received, with similarly poor results... ..Until, in their frustration, God led them back to basic, addiction-breaking truths of His Word. The authors explain these for readers who want to help someone or who struggle themselves, because freedom from addiction is found only when Christians fully believe what God says about their identity move beyond the 12-Step concept of inescapable "addict identity" stop harboring unforgiveness, get radically right with God, and dwell in who they are in Christ, which excludes engaging in addictive behaviors as a lifestyle Material on codependency is included, as is information on implementing recovery/support groups for those leaving addiction and starting to live in God's glorious freedom.

Additional Resources

[Understanding Drug Use and Addiction DrugFacts](#)

Jun 6, 2018 · Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take ...

[Drug Misuse and Addiction | National Institute on Drug Abuse](#)

Jul 6, 2020 · This impairment in self-control is the hallmark of addiction. Brain imaging studies of people with addiction show physical changes in areas of the brain that are critical to judgment, ...

Treatment and Recovery | National Institute on Drug Abuse

Jul 6, 2020 · Can addiction be treated successfully? Yes, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders ...

Addiction Science - National Institute on Drug Abuse (NIDA)

In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for ...

Addiction and Health | National Institute on Drug Abuse (NIDA)

Jul 6, 2020 · People with addiction often have one or more associated health issues, which could include lung or heart disease, stroke, cancer, or mental health conditions. Imaging scans, ...

Drugs, Brains, and Behavior: The Science of Addiction

Jul 6, 2020 · As a result of scientific research, we know that addiction is a medical disorder that affects the brain and changes behavior. We have identified many of the biological and ...

NIDA.NIH.GOV | National Institute on Drug Abuse (NIDA)

NIDA's mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. NIDA is one of the ...

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the hallmark of addiction. Brain imaging studies of people with addiction show physical changes in areas of the brain that are critical to judgment, decision making, learning and memory, and ...

principles of drug addiction treatment - National Institute on ...

of treatment for drug abuse or addiction. Addiction affects multiple brain circuits, including those involved in reward and motivation, learning and memory, and inhibitory control over behavior. ...

Drugs, Brains, and Behavior: The Science of Addiction

Jul 6, 2020 · Why study drug use and addiction? Use and misuse of alcohol, nicotine, and illicit drugs, and misuse of prescription drugs cost Americans more than \$700 billion a year in ...

Session 14: Deining Spirituality - mentalhealthce.com

Handout and Focused Discussion (45 minutes) Clients should be given time to complete the handout before the discussion begins. Clients should . not be forced to comply if they ind it ...

Addiction Recovery Discussion Questions (book) - x ...

Addiction Recovery Discussion Questions: The Jesus Calling Discussion Guide for Addiction Recovery Sarah Young, 2016-12-20 The Jesus Calling Discussion Guide for Addiction ...

Addiction Recovery Discussion Questions

addiction recovery discussion questions: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, ...

Updated 2019 ANGER - Substance Abuse and Mental Health ...

ANGER MANAGEMENT. for Substance Use Disorder and Mental Health Clients Overview of Group Anger Management Treatment. Definitions . In the most general sense, anger is a ...

37 Ideas on How You Can Stay Sober During the Holidays

Dec 4, 2018 · The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety TheRecoveryBook.com ... Coming ...

Recovery Messaging Questions and Answers - Favor

Question: Tell me about your experience with your addiction? Answer: My experience with addiction was a difficult time for me (and my family). More important is the fact that I am in ...

Gratitude and Addiction Recovery: Theory, Research, and ...

Nov 7, 2019 · Gratitude and Addiction Recovery: Theory, Research, and Practice Amy R. Krentzman, MSW, PhD. Gratitude and Addiction Recovery ... • Participants answered ...

DEVELOPING YOUR RECOVERY ATTITUDE

in your recovery. A negative, defeated mindset can sabotage your progress in treatment and make recovery much more difficult. This skill building exercise is designed to help you take a ...

The Blame Game: A Question of Accountability - Zeta Tau Alpha

reflection/discussion questions listed “after discovery.” Before the “after discovery” reflection/discussion begins, have one group member from each group read their description of Sarah. ...

MANAGING YOUR TRIGGERS TOOLKIT - Mediators Beyond ...

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Relapse Prevention Workbook - Recovery- Unconventional

Relapse Prevention Workbook Relapse prevention is why most people seek treatment. By the time most individuals seek help, they have already tried to quit on ...

Client Workbook - BrainLine

Center for Addiction and Mental Health Dennis James, MSc, Deputy Clinical Director, Addictions Program ... Section 2 Tools to use during recovery 51 Chapter 9 Journaling 53 Chapter 10 ...

Pathways to Healing and Recovery: Perspectives from

turn helps to further develop questions about the topic, which can then be used ... perspective on the process of recovery from addiction to alcohol and other drugs. The study specifically seeks ...

Addiction Discussion Questions

use as an icebreaker Updated 7 16 23 The questions to Addiction Discussion Questions Worksheet
Therapist Aid The Addiction Discussion Questions worksheet was designed to ...

Accountability - My Group Guide

Accountability 1. Finish the following sentence: I struggle to hold myself accountable when it comes to... (Examples: dealing with conflict with my family, financial issues, attending AA ...

Session 31: Looking Forward; Managing Downtime

activity, they make a commitment that supports their recovery. Handout and Focused Discussion (45 minutes) Clients should be given time to complete the handout before the discussion ...

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DISCUSSION STARTERS: Stigma and Mental Illness - Each ...

DISCUSSION STARTERS: Stigma and Mental Illness . What does stigma mean? "An attribute that is deeply discrediting and that reduces the bearer from a whole and usual person to a ...

Exercise on Identifying Triggers - Nova Southeastern University

140 Exercise on Identifying Triggers (page 3 of 3) TRIGGER SITUATION 2 Briefly describe ONE of your high-risk trigger situations. Describe the types of CONSEQUENCES usually ...

Overcoming Self-Sabotage - Between Sessions

Overcoming Self-Sabotage . Objective . To reduce or eliminate self-sabotaging behaviors. You Should Know . Self-sabotage refers to destructive or unhealthy behaviors or habits that ...

Journal Prompts for Addiction Recovery - Choosing Therapy

Use these journal prompts to support your addiction recovery journey. They can help you reflect on your progress and challenges, and you can. revisit them whenever you need a moment of ...

FIRST STEP WORKSHEETS

Nov 3, 2002 · • Hazelden Step 1 Guide , first 14 pages. Do not answer the questions in the rest of the book; these worksheets replace those in the Hazelden guide. You can buy the guide at ...

Lesson 1: Signs & Symptoms of Addiction - The Recovery ...

Advanced Recovery Systems Online Addiction Recovery Program 1 Lesson 1: Signs & Symptoms of Addiction Do you have an addiction? This can be a hard question to answer and it can be ...

City University of New York (CUNY) CUNY Academic Works

Psychology of Addiction: Discussion/Essay Questions . 1. Twelve-step groups like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are built in part on the philosophy that ...

As Included in NREPP - Institute of Behavioral Research

threaten recovery . TCU Mapping-Enhanced Counseling manuals provide evidence-based guides for adaptive treatment services (included in National Registry ... and discussion questions

Addiction Recovery Discussion Questions [PDF] - x-plane.com

Uncover the mysteries within is enigmatic creation, Addiction Recovery Discussion Questions . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). ...

Emotional Awareness - My Group Guide

-Shame can lead to things like substance abuse, depression, eating disorders, & low self-esteem. - Shame can turn into bullying because a bully's behavior is often just a projection of their own ...

Addiction Recovery Discussion Questions [PDF] - x-plane.com

Addiction Recovery Discussion Questions: A Guide for Support Groups and Individuals Author: Dr. Sarah Miller, PhD, Licensed Clinical Psychologist specializing in addiction and trauma ...

Prompts for Tag-Topic Meetings - NA In Place

1. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. What are you doing to improve your conscious contact with the God of your understanding?

Addiction Recovery Discussion Questions [PDF] - x-plane.com

Addiction Recovery Discussion Questions Book Review: Unveiling the Magic of Language In an electronic digital era where connections and knowledge reign supreme, the enchanting power ...

Co-Occurring Disorders Workbook

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Recovery Discussion Questions (2024) - browser.bcoin.io

The Jesus Calling Discussion Guide for Addiction Recovery Sarah Young,2016-12-20 The Jesus Calling Discussion Guide for Addiction Recovery is a 52 week discussion guide that uses ...

MODULE 8 RISKY THINKING AND DECISION MAKING

Target Discussion Points Check-in Set the agenda Introduce risky thinking Elicit client examples of risky thinking Evaluate the reality of risky thinking ... Using open-ended questions about ...

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Questions to Explore Values, Ideas, & Beliefs Author: Cassie Slattery Keywords:

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DISCUSSION GUIDE - Heroin(e) and Recovery Boy Films

"Person struggling with addiction" is an example of person-centered language. Additionally, the word "addiction," while an accepted diagnosis in the medical community, can reduce the ...

Drop the Rock - WordPress.com

discussion of Steps Eight and Nine. Let's look at the words of Sam Shoemaker2 to gain some clarity on what the Sixth and Seventh Steps are asking of us. Sam was the Episcopal ...

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101 Meeting Starters - Hazelden

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FAMILY RECOVERY BASICS - Hazelden

experienced the addiction of a loved one, Family Recovery Basics introduces the facts about the impact substance use disorders can have on families and where and how family members can ...

THE TEN CORE PRINCIPLES OF RECOVERY

Take full, personal responsibility to live a life of recovery. The work of recovery only happens through your efforts and by your actions. Recovery is yours alone. No one can make you do it; ...

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[Surrender in Recovery Worksheet - Carepatron](#)

I.Reflection of Addiction. 1.Substance(s) or behavior(s) of concern: 2.Previous attempts to overcome addiction: II.Acknowledging the Impact: Consequences of My Addiction. ... step in ...

IT'S MORE THAN A SHAME: THE TREE OF SHAME

Conduct a discussion using a series of open-ended questions that draw out and build knowledge with ... Central Recovery Press. Morris, M. (2016). Pushout: The Criminalization of Black Girls ...

Addiction Recovery Discussion Questions (2024)

IV. Specific Discussion Questions for Different Stages of Recovery A. Early Recovery B. Mid-Recovery C. Long-Term Recovery V. Using Discussion Questions to Encourage Self ...

[THE SEVEN CHALLENGES ACTIVITY BOOK](#)

Some of the discussion and questions about fun and recreation with family will open up these issues. Also, some youth may have begun to enjoy doing things that are exciting (such as ...

[Addiction Discussion Questions - lms.sabt.edu.au](#)

Addiction Discussion Questions 101 Group Topics mind remake project CLASS DISCUSSION QUESTIONS for Topic 5 Behavioral CLASS DISCUSSION QUESTIONS for ... of addiction ...

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Addiction strongly impacts a family's mental and physical health. Family members learn to cope with the substance user's often unpredictable moods and behaviors. So, they adopt different ...

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