

Quiz

1. What is a high-risk situation?
 - a) A situation where something bad is bound to happen
 - b) A situation that poses a threat to a person's sense of control and increases the risk of using drugs/drinking again
 - c) A situation where someone has started using drugs /drinking again
2. What things have been found to be **most likely** to make most people use /drink?
 - a) Being ill, bored or angry
 - b) Getting into trouble
 - c) Downers, rows or joining the crowd
3. Which of the following are common states leading to using or drinking?
 - a) Urges and cravings
 - b) Physical discomfort
 - c) Testing control
 - d) Being with family
 - e) Too much social media
 - f) Positive feelings
4. Which of the following are true?
 - a) A lapse is a brief return to old and unhelpful habits
 - b) You can't really learn from a lapse
 - c) A lapse always leads to a relapse
 - d) Lapses are very unusual
 - e) A relapse isn't a 'one-off event' - it happens over time
 - f) if you have a relapse, you're back to square one
5. 'I've had a few drinks now, so I may as well just carry on.' What do we call it if someone is thinking like this?
 - a) Relapse Continuation Signal
 - b) Pessimistic Outlook Syndrome
 - c) Abstinence Violation Effect
6. D.E.A.D.S. stands for
 - a) Dream Envy And Denial Syndrome
 - b) Derek's Eating And Drinking Session
 - c) Deny Escape Avoid Distract Substitute
7. What does SID stand for?
 - a) Sid's Incredible Disaster
 - b) Seemingly Irrelevant Decision
 - c) Situational Incident Dilemma

8. An internal trigger is
 - a) A feeling/thought which leads to an urge to drink/use
 - b) Something in our own home which makes us want to drink/use
 - c) Someone in our mutual aid group who has relapsed

9. Which of the following is true?
 - a) A craving rarely last beyond a minute
 - b) Cravings usually get worse the longer you have not been using/drinking
 - c) Cravings can become less intense and frequent over time
 - d) Cravings are not possible to manage