

Quiz: Preventing Relapse to High Risk Behavior

HHRP

Name (first name only): _____ Date: _____

1. The road to recovery:

- a. is a journey made of many steps or decisions
- b. is a single step or decision
- c. has no warning signs
- d. all of the above

2. How do you prepare for a journey of recovery?

- a. acquire the necessary tools and skills
- b. learn how to interpret early warning signs
- c. develop an emergency plan
- d. all of the above

3. Some internal warning signs to attend to on the road to recovery include:

- a. people, places, or things
- b. hungry, angry, lonely, tired
- c. bells, whistles, or horns
- d. all of the above

4. What does SID stand for (don't worry about your spelling)?

S _____
I _____
D _____

5. Relapse doesn't just happen; it begins with a decision that at the time may seem to have had nothing to do with drug use or other risky behaviors.

- a. True
- b. False

Score _____

Personal Road Map for Journey of Recovery

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Rules of the Road: *My personal warning signs that there may be a high risk situation ahead are as follows:*

External warnings

Internal warnings

Tools and Skills I Need for My Journey of Recovery:

- | | |
|----------|----------|
| 1) _____ | 4) _____ |
| 2) _____ | 5) _____ |
| 3) _____ | 6) _____ |

Navigators: *Guides I can trust for my journey of recovery are:*

- | Name | Telephone |
|----------|-----------|
| 1) _____ | _____ |
| 2) _____ | _____ |
| 3) _____ | _____ |

Ways I Can Make My Environment Safe, Reliable, and Supportive:

- 1) _____
- 2) _____
- 3) _____

(over)

Emergency Procedure to Reduce Harm if I'm in a High Risk Situation:

1. In high risk sexual situations, I will always use condoms.
2. If injecting drugs, I will always use new or bleach-cleaned needle.
3. If I feel lost, in danger of doing something risky, or have already done something risky,

I will call _____ (Name)
_____ (Telephone No.)

4. While waiting for help to arrive, I will remind myself of the benefits of resuming my journey of recovery, and the negative consequences to myself and others of continuing to take this detour.

Personal benefits of recovery	Negative consequences of detour
1) _____	1) _____
2) _____	2) _____
3) _____	3) _____
4) _____	4) _____
5) _____	5) _____
6) _____	6) _____
7) _____	7) _____
8) _____	8) _____
9) _____	9) _____
10) _____	10) _____

SID Storytelling Game Worksheet

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Each team will have 10 minutes to create a story about a guy (or gal) named Sid who is in a drug addiction treatment program.

Beginning:

The story begins with Sid deciding to engage in a particular activity:

Once upon a time, there was a guy/gal named Sid, who was going to:

(Write the activity that your counselor has assigned to your team here)

Middle:

The story unfolds with Sid having to make several decisions related to this activity that could potentially put his recovery at risk.

On his way to _____
(activity)

Sid decides to: _____ (write decisions below)

Seemingly irrelevant decisions. One point for each seemingly irrelevant decision the team can identify that might jeopardize Sid's recovery while pursuing this activity:

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

Ending:

The story should have a happy ending! The story ends with Sid successfully coping with the above situations and engaging in the activity without relapse.

(over)

Sid successfully copes with each of these situations by:

Tools and/or skills demonstrated by Sid. One point for each tool or skill that Sid demonstrates in the story that helped him prevent or reduce harm to self or others.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

- Team elects a story teller to tell their story of Sid to the group.
- Team with the most points wins the game.

Note: *Bonus points awarded for creativity and participation of all team members.*