

PHASE 1 GSS Post-TEST

NAME _____ DOC # _____

1. If I speak and you listen, are we communicating? Yes _____ No _____
2. If I am telling you what happened and you are talking to me and asking questions, we are engaging in a communication _____.
3. What does denial distort? _____.
4. For what reason does an alcoholic/addict use denial?

5. Name 5 consequences of use. _____

6. Alcoholism/Addiction is a disease from which you will never be cured.
True _____ False _____
7. One method for problem solving and analyzing your thoughts found to be very helpful for someone trying to get a solid recovery is _____.
8. What can an addict do to help prevent relapsing?
_____.
9. You will not become an addict if you use a different substance each week. True _____ False _____
10. When my doctor is planning on prescribing me medication, I should inform him/her that I am an alcoholic or drug addict.
True _____ False _____

- 11. Drinking coffee and water along with eating will sober me up faster.
True _____ False _____
- 12. Can you rid your body (excrete) of any substances by breathing deeply? Yes _____ No _____ What substance? _____
- 13. What do the letters PAWS stand for? _____

- 14. What is the easiest way to fight depression (the blues)? _____
- 15. "Society wouldn't give, so I had to take. I had to provide for myself and my family the best way I knew how." What is the reality of this statement? _____

- 16. How many steps are there in AA/NA _____
- 17. What is the purpose of the sponsor in a traditional twelve step program? _____

- 18. Where in the body is Hepatitis C found? _____
- 19. How can you find out if you have AIDS or HIV? _____
- 20. Hepatitis C is not contagious. True _____ False _____
- 21. Name 5 consequences of children who grow up with an addicted parent. _____

22. Name 5 ways alcohol may harm an unborn child. _____

23. To which category of drugs do the following belong? Draw a line to the category.

Alcohol

Hallucinogen

Marijuana/Cannabis

Stimulant

Methamphetamine/Cocaine

Depressant

LSD/Ecstasy

Cannabinoids

24. Name 3 Criminal thinking errors. _____

25. Name the 1st step of AA/NA. _____

26. My drug(s) of choice is/are _____

27. The physical consequences of my drug(s) is/are _____

_____. The mental

consequences of my drug(s) is/are _____



PRE, POST & PHASE 2 ENTRANCE TEST
KEY

- 1) no
- 2) Process
- 3) Reality
- 4) To protect themselves from the reality that they are responsible for the consequences of their actions
- 5) Social, Legal, Physical, Financial Cost and Spiritual.
- 6) True
- 7) Journaling or mapping
- 8) Remove the substance. Abstinence
- 9) False
- 10) True, doing this can help the Dr. properly prescribe meds
- 11) False
- 12) Yes, a certain amount of alcohol is excreted in the breath.
- 13) Post Acute Withdrawal Syndrome
- 14) Physical exercise (get a "runner's high")
- 15) Many criminals turn to criminal lifestyles before they put forth the effort required to make it in society. Many prefer the excitement of crime to the struggles of legitimate life.
- 16) 12
- 17) The same sex, clean & sober, willing and able to help you find solutions, be someone you can trust who will listen and not tell.
- 18) Liver.
- 19) Blood test
- 20) False

21) Children learn they can not trust, they can not express their feelings, they can not talk about the addiction, they learn that the substance is more important than they are, they don't get their needs meet, they are frequently blamed for everything, they see their parents fighting while they are intoxicated or high, they have a higher number of infections, more colds, increased risk of asthma/lung problems, they are nervous and anxious, they are afraid and lonely, they are frequently neglected and suffer from higher rates of depression.

22) Heart defects, low birth weight, brain cells not developing properly, mental retardation, premature birth, will not "nurse", restless, cry more, not sleep well and have a small head and brain.

23) alcohol – depressant
marijuana/cannabis – cannabinoids
methamphetamine – stimulant
LSD/ecstasy – hallucinogen

24) Everyone else is doing it. I didn't know any better.
Society made me this way.

25) We admitted we were powerless over alcohol - that our lives had become unmanageable.

The answers to 26 and 27 vary because the answers are based on each individual client's experience.