Mindfulness Practices for Addiction

Multiple Choice
*Identify the choice that best completes the statement or answers the question.*

___ 1. Introduction-Who Can This Book Help

The authors recommend that those who are suffering with addiction get to know their thoughts, feelings, and behavior patterns, and reflect on the ________ that have likely contributed to the addictive behavior.

a. Experiences  
   b. Losses  
   c. Histories  
   d. Relationships

___ 2. Part 1-Chapter 1: Emotions-The “No Feeling” Contract

The “No Feeling” Contract states that addicted individuals have agreed to each of the following consequences EXCEPT:

a. “I will let my addiction dominate me, control me, rule my life”  
   b. “I will give up my dreams”  
   c. “I will give up being the person I want to be”  
   d. “I will let my addiction dictate my relationships, my self-worth, and my future”

___ 3. Taking a Closer Look

Many people create situations in which they can never have things that they want most because they are so afraid they will not be able to handle the way it would feel to lose something they love.

a. True  
   b. False

___ 4. Chapter 2: Thoughts-How Thoughts Connect to Emotions

The connection between thoughts and feelings happens when a situation arises, a thought occurs, the thought stirs up emotions, more and more thoughts are triggered, and stronger emotions are experienced.

a. True  
   b. False

___ 5. For many people, core beliefs tend to be negative and come with continuous negative thoughts, which the authors refer to as continued culprits.
6. A powerful skill for learning to deal with negative core beliefs and thoughts is to _____________ in order to make the kind of balanced, realistic interpretations that lead to good decision making and a healthy sense of self.

a. Ask for help  
b. Consider the evidence  
c. Step back and look at the belief from a different perspective  
d. None of the above

7. Distracting Thinking

Putting a huge amount of negativity over all events, regardless of the outcome is referred to as “Can’t See the Upside” thinking.

a. True  
b. False

8. “Musts” and “oughts” can be statements that lead to anxiety and fear as part of ____________ thinking.

a. “Should or shouldn’t” thinking  
b. “Have to” thinking  
c. “This way or the highway” thinking  
d. “The real deal” thinking

9. Chapter 3: Behaviors

The authors recommend that instead of making impulsive and unhealthy decisions when struggling with strong emotions, that you choose not to act at all, but rather to sit with your emotions until the urge to react passes.

a. True  
b. False

10. Guilt or Shame

When individuals are feeling like they should stop reaching for health and happiness because they decide they don’t deserve it, an alternative may be to do each of the following EXCEPT:

a. Ask or figure out if there is a way to do things right, and do so if possible  
b. Learn from your mistakes and remind yourself that you have a chance to make a different choice next time  
c. Forgive yourself and move forward so that you can strive for good things and continue to grow  
d. Figure out the role that others play in your negative thinking and actions
11. Fear

An alternative to responding to unhealthy emotion-dodging strategies is to trust your own judgment to be able to respond to the fear, instead of reacting to it.

a. True  b. False

12. Values

The type of therapy that is designed to help people live a life based on their values, despite difficult thoughts and feelings is:

a. Dialectical behavior therapy (DBT)  c. Acceptance and commitment therapy (ACT)
b. Interpersonal therapy (IT)  d. Schema-focused therapy (SFT)

13. Learning More About Choosing the Opposite

Most people respond to fear with confrontation, which is an instinctual behavior for those who are afraid.

a. True  b. False

14. Chapter 4: Mindfulness-Observing Your Mind Without Judgment

The journey into mindfulness includes being a curious observer of the mind by imagining how the mind works, how it responds to different situations, and the influence it has over one's moods.

a. True  b. False

15. Imaginary Lions

Most of the time when our anxiety triggers the “flight-or-fight” response, it is in response to:

a. Memory or imagination  c. A perceived threat
b. An immediate problem  d. A past experience

16. Practicing Mindfulness

Mindfulness techniques that help achieve present-moment awareness include studying an object, counting the sounds in a room, being focused on and fascinated by daily tasks, and paying close attention to body sensations.

a. True  b. False
17. The concept of _______________, borrowed from Zen Buddhism, is used to help individuals experience the world without judgment and to bear what is in a kind and sympathetic way.

a. Profound admission
c. Natural recognition
b. Radical acceptance
d. Essential compliance

18. Fight, Flight, or Float

The idea of taking a moment to rise above a challenging situation and observe what is going on without reacting or judging, known as FLOAT, calls for focusing on an object, learning to breathe, observing feelings, asking questions, and thinking about the experience.

a. True
b. False

19. Part 2-Chapter 5: Loss—What is Loss

Often times when people hear the word loss, they think of death, although there are many significant losses that occur throughout our lives that may trigger a mourning response and yet remain unacknowledged.

a. True
c. False

20. Why Look at Old Losses

In the process of recovery, it is important to look at old losses because loss compounds loss, losses begin to build on themselves, and because lasting recovery requires:

a. Facing the hurt
c. Healing at the source
b. Confronting the cause
d. Acknowledging the origin of loss

21. Chapter 6: Addiction

It is quite common for those with addictive tendencies to switch one addictive behavior for another in an attempt to help themselves, and although the new behavior may start out as healthy, it often leads to further addiction and unhealthy consequences.

a. True
c. False

22. Addictions Worksheet

Durabolin and equipoise fall under which category of addictive substances?
23. Healing: When is the Best Time?

When deciding to begin the recovery process, it may be helpful to read a daily reminder that states, “I will respect and nurture myself, I am of value, I am love and protected”, which is known as the “Kindness Letter”.

a. True  b. False

24. Chapter 7: Connecting Addiction and Loss—How Does Addiction Lead to Loss?

While those who are addicted may be living in a way that promotes loss, loss may also trigger a desire to recover and may become the biggest motivator for facing the addiction.

a. True  b. False

25. Although motivation is a key component of the recovery journey, whatever’s underneath the addiction must be addressed, including loss and the emotions triggered by it.

a. True  b. False

26. Conclusion

In order to battle the loss-addiction cycle, it is imperative to be aware of and learn to manage ________________, as they tend to create urges toward addictive behavior.

a. Loss anniversaries and specific triggers  c. Unexpected circumstances and anxiety
b. Timelines and daily stressors  d. Relationship troubles and emotional sparks

27. Chapter 8: Mindful Grieving—Nothing Works

Often times when a person resists a problem, the problem gets worse, but people sometimes tend to resist so they don’t have to deal with the ______ of facing their feelings.

a. Consequences  c. Pain
b. Shame  d. Reality

28. Grieving the Loss
Mindfulness is about increasing one's personal responsibility, and the purpose of mindful grieving is to accept loss while staying active and connected.

a. True  
b. False

29. Resiliency in Action

As recovering individuals begin to rebuild their lives without substances, they learn to use resilient behaviors to cope, and these behaviors tend to build on one another leading to better skills to manage distressing thoughts and feelings.

a. True  
b. False

30. Chapter 9: Relationships - Speaking with Softer Emotions

In order to strengthen the bond of relationships, Rational Emotive Therapy (RET) helps partners to step out from behind their harder emotions such as anger, and communicate with their softer emotions such as hurt.

a. True  
b. False

31. Listening Skills

An important component of learning how to listen in order to have healthy communication is to not only hear what the other person is saying but to also interpret the meaning of the words.

a. True  
b. False

32. Healing Broken Relationships

Taking action to heal relationships that have been broken by addiction is possible, calling for taking ownership of bad choices and requiring true humility that is:

a. Realistic and manageable  
b. Reasonable and practical  
c. Fair and balanced  
d. Prudent and equitable

33. Rebuilding Trust

When taking responsibility for addictive behaviors and working to rebuild lost trust, it is important to:

a. Forgive yourself, but own your part in the lost trust  
c. Make the final decisions about your boundaries and expectations in
b. Give others the things they need to feel safe again  
d. All of the above

34. Social support can make all the difference in physical health, emotional well-being, and peace of mind, and the authors recommend each of the following strategies to build a healthy support system EXCEPT:

a. Be a friend by keeping commitments and being honest, caring, and respectful  
c. Go to 12-step meetings since people that attend these meetings are embedded in a culture of unbelievable support

b. Look to build new relationships where you will be given an opportunity to start fresh  
d. Participate in social activities

35. Managing Social Discomfort

In order to manage social discomfort, it may be helpful to acknowledge that it is perfectly normal to feel nervous and uncomfortable, to give yourself a break, and to practice self-talk that is encouraging and positive.

a. True  
b. False

36. Chapter 10: Recovery, Relapse, Prevention, and Beyond - Nutrition

As people in recovery begin to focus on healthy nutrition in order to feel better, it is recommended that they limit the kinds of foods that they eat rather than choose from a wide variety, as this will likely lead to better food choices.

a. True  
b. False

37. Sleep

Healthy sleep habits that lead to overall good health include avoiding chemicals that interfere with sleep, establishing a calming pre-sleep habit, exercising several hours before bedtime, and:

a. Keeping your bedroom warm and having a soothing sound to listen to such as a fan or a fountain  
c. Taking advantage of the natural light of each day

b. Making yourself go to bed, even if you don’t feel tired  
d. Drinking plenty of water before you go to bed in order to prevent dehydration
38. Fitness

Which of the following does NOT accurately describe the benefits of exercise and fitness for those in recovery?

a. According to the book, the Principles of Addiction Medicine, sixty minutes per week of exercise can provide a recovering person with approximately 30 health benefits

b. Physical activity can help the body get rid of stress and rebuild the immune system, which has been worn down during addiction

c. When fitness is improved, the body and brain will build new connections, and self-esteem will be improved

d. An exercise program may be able to replace some of the same physical pleasurable experience that the addictive behavior once provided

39. Work

When work becomes stressful or a burden for those in recovery, it is recommended that they suspend judgment about their work performance and be less critical of themselves, which will enable them to focus on their work in a new way.

a. True

b. False

40. Fun

For people who are struggling with addiction, fun has often been linked to drinking, drugs, or other harmful behaviors, so they need to schedule new, pleasant activities and be accountable for creating joy in their lives.

a. True

b. False