

# substance abuse & addiction

**Learning Objective:** Each student will understand how the brain creates habits, patterns, and addictions. Students will self-identify personal habits, patterns, and/or addictions in their lives, and learn how to establish new, positive habits and overcome negative ones.

## Quiz Reflection:

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## Video Reflection:

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## Podcast Reflection:

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**Access your Online Dashboard**

Login at [my.schoolpulse.org](http://my.schoolpulse.org)

**Not signed up?**

See your instructor for the opt-in code.

## Goals:

**1.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**2.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**3.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

Make sure your goals are:

1. Obvious
2. Attractive
3. Easy
4. Satisfying

## Final Thoughts:

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# substance abuse & addiction quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. Do you use any addictive substances or content? (Marijuana, alcohol, nicotine, illegal drugs, painkillers, stimulants, video games, pornography, social media, etc.)**

- Never       Rarely       Sometimes  
 Often       Very often

**2. Do you find yourself thinking about an addictive behavior when your focus should be elsewhere?**

- Never       Rarely       Sometimes  
 Often       Very often

**3. Do you get irritable, anxious, or angry when you don't participate in an addictive behavior?**

- Never       Rarely       Sometimes  
 Often       Very often

**4. Do your thoughts revolve around the next time you will participate in an addictive behavior?**

- Never       Rarely       Sometimes  
 Often       Very often

**5. Do you take dangerous or impulsive risks to participate in an addictive behavior?**

- Never       Rarely       Sometimes  
 Often       Very often

**6. Do you lower or disregard your morals to participate in an addictive behavior?**

- Never       Rarely       Sometimes  
 Often       Very often

**7. Do you participate in an addictive behavior in secret?**

- Never       Rarely       Sometimes  
 Often       Very often

**9. After not participating in an addictive behavior for a long period of time, do you experience difficulty sleeping?**

- Never       Rarely       Sometimes  
 Often       Very often

**10. Do you engage in an addictive behavior to help you cope, relax, or feel happy?**

- Never       Rarely       Sometimes  
 Often       Very often

**11. Do you no longer participate in activities or relationships that you used to enjoy?**

- Never       Rarely       Sometimes  
 Often       Very often

**12. Do you feel lonely?**

- Never       Rarely       Sometimes  
 Often       Very often

**13. Do you have to regularly increase or intensify an addictive behavior to receive the same satisfaction that you used to experience?**

- Never       Rarely       Sometimes  
 Often       Very often

**14. Has an addictive behavior caused health problems or financial struggle in your life?**

- Never       Rarely       Sometimes  
 Often       Very often

**15. Do you feel at a loss of control or enslaved if/when you are participating in an addictive behavior?**

- Never       Rarely       Sometimes  
 Often       Very often

Want to learn more about habits, addictions, and other mental health topics?  
Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points.

**Never = 1 point**  
**Rarely = 2 points**  
**Sometimes = 3 points**  
**Often = 4 points**  
**Very Often = 5 points**

Total Points: \_\_\_\_\_

<b>15-30</b> - little to no indication of an addiction	<b>31-45</b> - mild indication of an addiction	<b>46-60</b> - moderate indication of an addiction	<b>61-75</b> - strong indication of an addiction
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*These results are not a diagnosis, if you have questions text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date