



Activity 1: Identify My Phase of Addiction

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Observe: Complete the pyramid below with up to 10 behaviors you identified from the card activity.

Best
Describes
Me

Questions to Explore

Evaluate:

1. Which Phase of Addiction do you think you are currently in? Explain.

- Progressive Phase
- Crucial Phase
- Chronic Phase
- Rehabilitation Phase
- Recovery Phase

3. What is keeping you in this phase? Explain.

Respond:

4. What actions can you take to move out of this phase and into the Rehabilitation or Recovery Phases?

2. How long do you think you have been in this phase?

5. Who can you ask for help and support?