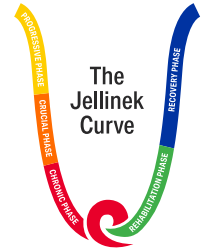




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Activity 2: Explore the Phases of Addiction Model

Visit R1LEARNING.COM to download printable Activity Worksheets.

As you think about your understanding of the Phases of Addiction model and the Jellinek Curve, answer the questions to the right.

The Jellinek Curve

Phases of Addiction
What phase am I in?

The Jellinek Curve

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Phases of Addiction
What phase am I in?

The Jellinek Curve

PROGRESSIVE PHASE
Use turns for relief and tolerance develops

CRUCIAL PHASE
Use increases and problems emerge

CHRONIC PHASE
Problems mount and control disappears

REHABILITATION PHASE
Abstinence begins and help sought

RECOVERY PHASE
Life improved and hope restored

Questions to Explore

1. How does it help you to know that there is a model describing the behavioral pattern of addiction?
2. How do you see the progression of this potentially fatal disease in your own life?
3. How does the Phases of Addiction Model help you to identify what you can do to progress?