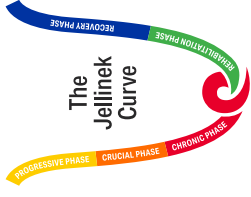




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Activity 3: Highlight My Story Through the Jellinek Curve

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Use the Phases of Addiction Model Card and 6 Definition Cards to complete the following table.

Questions to Explore	Phases of Addiction				
	Progressive Phase	Chronic Phase	Crucial Phase	Rehabilitation Phase	Recovery Phase
1. When and how long were you in this phase? Explain.					
2. What was your experience in each phase? Give examples.					
3. What was / is the impact on you and others?	Consequences	Consequences	Consequences	Benefits	Benefits
4. When and how did you know you had an addiction?					
5. When and to whom did you reach out for help? What was the benefit for you?					