



Cross-Addiction Recovery

Discuss each video section in group by asking the group member the “Questions for Discussion” listed next to the section name:

| # | Section | Questions For Discussions |
|---|-------------------------|--|
| 1 | What Is Cross Addiction | <ol style="list-style-type: none">1. Have you ever tried to substitute one drug for another – if so what happened?2. Go around the group and describe which of these drugs are a problem for you, and which do you think you can use without having a problem (cocaine, pot, alcohol or drug, sedatives, meth & other speed, opiates like heroin, percocete and oxycontin). |
| 2 | Slick & Cross Addiction | <ol style="list-style-type: none">1. What, if anything, has Slick said to you about the benefits or reasons why substituting drugs or alcohol or drug is OK?2. When is Slick most likely to try and encourage you to substitute one drug for another?3. How can you tell if your thinking is “Slick” thinking?4. How can you resist Slick’s temptations? |
| 3 | Quitting Everything | <ol style="list-style-type: none">1. Why do addicts often resist the idea of complete abstinence?2. What would have to happen in your life to get you to quit all mood altering drugs including alcohol or drug?3. What lifestyle changes do you think people need to make to be successful in quitting everything? |
| 4 | Prescription Drugs | <ol style="list-style-type: none">1. Has anyone in this group relapsed due to prescription drug use? If so share what happened.2. What type of prescription drugs might you need to use currently or in the future?3. Which types of prescription drugs might be a threat to your recovery?4. Do you think informing medical professionals of you addiction history is important or do you think it’s un-necessary and why?5. If using a pain killer or other mood-altering prescription drugs is medically necessary, |