



# 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"> <li>1. Have you ever tried to substitute one drug for another – if so what happened?</li> <li>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 &amp; other speed, opiates like heroin, percocete and oxycontin).</li> </ol>
2	Slick & Cross Addiction	<ol style="list-style-type: none"> <li>1. What, if anything, has Slick said to you about the benefits or reasons why substituting drugs or alcohol or drug is OK?</li> <li>2. When is Slick most likely to try and encourage you to substitute one drug for another?</li> <li>3. How can you tell if your thinking is “Slick” thinking?</li> <li>4. How can you resist Slick’s temptations?</li> </ol>
3	Quitting Everything	<ol style="list-style-type: none"> <li>1. Why do addicts often resist the idea of complete abstinence?</li> <li>2. What would have to happen in your life to get you to quit all mood altering drugs including alcohol or drug?</li> <li>3. What lifestyle changes do you think people need to make to be successful in quitting everything?</li> </ol>
4	Prescription Drugs	<ol style="list-style-type: none"> <li>1. Has anyone in this group relapsed due to prescription drug use? If so share what happened.</li> <li>2. What type of prescription drugs might you need to use currently or in the future?</li> <li>3. Which types of prescription drugs might be a threat to your recovery?</li> <li>4. Do you think informing medical professionals of you addiction history is important or do you think it’s un-necessary and why?</li> <li>5. If using a pain killer or other mood-altering prescription drugs is medically necessary,</li> </ol>