



Activity 1: Phases of Addiction — What Phase Am I In?

Visit R1RECOVERYFIRST.COM to download printable Activity Worksheets.

Complete the table below with up to 10 behaviors you identified from the card activity.

Discovery Cards Summary	
Phase of Addiction: from colored card backs	Phase of Addiction Behaviors: statements from the card fronts
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Questions to Explore

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

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

Why?

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

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

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

5. Who can you ask for help and support?