

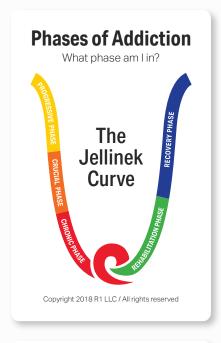
## **Activity 2: Understanding the Phases of Addiction**

Visit R1RECOVERYFIRST.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

#### **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. Does it help you to know that there is a model describing addiction? How does this help?

2. Do you see that addiction is a progressive disease and is potentially fatal? Do you see this progression in your own experience? How?

3. Does the Phases of Addiction Model make sense given your own experience? Why?