



## Activity 2: Understanding the Phases of Addiction

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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?

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**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?