



### Activity 3: My Story Through the Jellinek Curve

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Use the Phases of Addiction Model Card and 6 Definition Cards to complete the following table.

Questions to Explore	Phases of Addiction				
	Progressive Phase	Chronic Phase	Crucial Phase	Rehabilitation Phase	Recovery Phase
1. When and how long were you in this phase? Explain.					
2. What was your experience in each phase? Give examples.					
3. What is/was the impact on your life?	<b>Consequences</b>	<b>Consequences</b>	<b>Consequences</b>	<b>Benefits</b>	<b>Benefits</b>
4. Did you know you had an addiction when you were in this phase? Explain.					
5. Did you reach out for help? To whom? How did they support you?					