



LIFEBOAT Activity:

Your ship is sinking. There is one Lifeboat left that can only hold seven people (You and 6 others). As captain you have to choose who out of the twelve remaining passengers gets a place. You realize that you may be out to sea for a while as all communication is down. The list you have is as follows:

- **Lola** - She is a 22 year old go-go dancer who was on the boat to relax from her recent breast augmentation surgery. She suffers from clinical depression and has had 2 suicide attempts but none in at least a year.
- **Mary Anne** - She is a 45 year old experienced nurse and single mother with 2 school aged children at home however they are living with her sister due to a Child Protective Services because she is an active alcoholic.
- **Billy** - He is a 16 year old boy on probation for stealing money from old ladies. He is very charming, friendly and helpful when he wants to be but cannot be trusted.
- **Dr. Storch** - He is 55 in good health except he has a prosthetic leg from a car accident. He is very intelligent but likes to throw his knowledge in everyone's face as he is a bit arrogant.
- **Sheena** - She is 30 and is a fitness instructor with an athletic build however she is prone to sudden dark and silent mood swings triggered by unresolved feelings of guilt related to a past incident of accidental vehicular manslaughter when drunk driving as a teenager. (She never drank again)
- **Mickey** - Mickey is in his mid 40's and is unemployed with an active cocaine use disorder, however he is unusually strong from years of street fighting and working on the docks. Mickey has a disfigured face from the years of street fighting and his hygiene is not the best.
- **Shane** - Shane is a genius age 39 with a degree in cellular biology, making breakthroughs in his work on a cure for cancer but he is in a wheelchair and he comes across as selfish and rude.
- **Tom** - He is 41 and a hero from both gulf wars but he hears voices when he isn't medicated.
- **Cindy** - Cindy is a 70 year old retired schoolteacher with 4 adult children and 15 grandchildren. She also is an expert chef and homemaker. Cindy is a chronic smoker who is awaiting test results from a test indicating she may have lung cancer.
- **Barry** - He is in his late 20's and has survival techniques from his years as a hired mercenary. He angers easily with a short temper but otherwise has excellent leadership skills when calm. Barry admitted to you that he killed someone in a fight at a bar in a 3rd world country many years ago and he never was caught and claims it was self defense anyway
- **Xavier** - He is 18 and in good health, but he barely speaks English as he is from some strange country you've never heard of but he is an aspiring musician with a newly signed record contract for playing the zither. He is on an international terrorist watch list but swears he is being wrongly racially profiled.
- **Fred** - He is a 40 year old husband and father of 4 and an expert in yachting and sea navigation and in good health but since you have been on this boat trip he has gotten on your nerves often because he is very opinionated. Fred is on this trip because he recently abandoned his sick wife and children and does not plan on ever seeing them again.



DISCUSSION:

First - Review answers and discuss choices and rationale for making them.

Group Question: What comes into play in making these decisions? - (answer -Morals and Values)

- **Morals:** principles or habits with respect to right or wrong conduct.
- **Value:** A principle, standard, or quality considered worthwhile or desirable

“It’s not hard to make decisions when you know what your values are” - Roy Disney

1. What personal morals and values came into play with your decisions? Did anything particular stand out to you?
2. Can people change their morals and values? If so what does it take?
3. How can alcohol and drug use/abuse affect one’s morals and values? Give examples.
4. How do morals and values come into play with regard to substance use/abuse and recovery?
5. Based on this discussion and exercise, what might you need to work on?