



Trivia Question Reflections

Directions:

This worksheet contains 61 trivia questions based on topics commonly discussed in group therapy related to substance use, mental health recovery, and skill-building. You are free to use these questions in any way that best suits your group. You can choose to go through the questions in order or skip around to keep the group engaged. Each trivia question is followed by an optional reflection question for further discussion. Feel free to use the reflection questions, or skip them, depending on how you prefer to guide the flow of the group.

Some Suggestions for Using the Worksheet:

1. Randomize the Questions:

- **Shuffle the Order:** Write the questions numbers 1-61 on index cards and shuffle them so the group doesn't know what's coming next. This keeps the session dynamic and engaging.
- **Spin a Wheel or Use a Random Number Generator:** Use a random number generator or a spinning wheel to select the question. This adds an element of chance and excitement.
- **Whiteboard:** Write down 1 through 61 on a whiteboard and have group members select a number from the whiteboard and cross numbers off when questions are completed.

2. Create a Group Game:

- **Trivia Quiz Game:** Divide the group into teams and have them compete to answer trivia questions correctly. Award points for correct answers, and keep track of the score. You can make it more competitive or lighthearted based on the group's preferences.
- **Hot Seat:** Have one person sit in the "hot seat" and let the group ask them trivia questions. If the person answers correctly, they get a reward or points. If they answer incorrectly, the group gets a chance to answer.

3. Incorporate Education and Reflection:

- **Group Reflection:** After each round of trivia, have the group share their thoughts about the reflection questions. This encourages deeper engagement and allows everyone to participate.
- **Correct and Discuss:** For each question, after the answer is revealed, go over why that answer is important in the context of recovery and mental health. Use the reflection questions as a way to tie the trivia back to personal experiences and recovery progress.

TRIVIA AND REFLECTION QUESTIONS ARE ON THE FOLLOWING PAGES:



Section 1: Motivation and Insight

1. Which of the following is NOT a way to build internal motivation?
 - o A) Watch and read inspirational material.
 - o B) Practice keeping a positive and encouraging narrative in your own head.
 - o C) Wait and promise to do better tomorrow.
 - o D) Spend time with supportive people who set a good example.

o **Answer: C** Waiting to act often delays progress. Building internal motivation requires proactive steps, such as surrounding yourself with positivity, engaging in inspiring activities, and fostering self-encouragement.

Reflection Question: Have you ever found yourself waiting to act instead of taking steps toward your goals? What's an example of one small, proactive step a person can take today to build motivation?

2. What is the best description of internal motivation?
 - o A) Hunger
 - o B) Drive from within
 - o C) Threat of legal consequences
 - o D) Encouragement from others

o **Answer: B** Internal motivation is the drive that comes from within, fueled by personal goals, values, and aspirations. It's more sustainable than external motivators and vital for long-term change.

Reflection Question: What are some personal goals or values that drive you? How can you remind yourself of these when you feel unmotivated?

3. Insight and self-awareness are:
 - o A) Ongoing processes throughout life.
 - o B) Achieved once and never lost.
 - o C) Automatic and effortless.
 - o D) Unnecessary for personal growth.

o **Answer: A** Self-awareness and insight are lifelong practices that deepen over time. They help identify strengths, challenges, and areas for growth, fostering continuous improvement.

Reflection Question: What's one area of your life where you've noticed growth in self-awareness? How has this awareness helped you in your recovery journey?

4. Which of these does NOT help build self-awareness?
 - o A) Asking honest questions and reflecting on answers.
 - o B) Assuming strong feelings always mean the truth.
 - o C) Seeking feedback from trusted individuals.
 - o D) Journaling about personal experiences and thoughts.

o **Answer: B** Strong emotions can be misleading. Building self-awareness involves thoughtful



reflection, honest self-assessment, and seeking input from others to gain a balanced perspective.

Reflection Question: Have you ever acted on strong emotions only to realize later they were misleading? How can you practice pausing and reflecting before reacting in the future?

5. How can Self-Awareness improve daily life?
 - o A) By avoiding uncomfortable emotions.
 - o B) By fostering awareness and reducing stress.
 - o C) By focusing solely on the future.
 - o D) By multitasking more effectively.
 - o **Answer: B** Self Awareness helps you stay present and focused, reducing stress and enhancing clarity in decision-making.

Reflection Question: What's one situation where being more self-aware could help you make a better decision? How can you practice this awareness?

6. Why is setting goals important in recovery?
 - o A) It keeps you stuck in the past.
 - o B) It provides direction and motivation for personal growth.
 - o C) It guarantees immediate success.
 - o D) It eliminates the need for support systems.
 - o **Answer: B** Goals give structure to your recovery journey, keeping you motivated and focused on progress.

Reflection Question: What's one small, achievable goal you can set for yourself this week? How will it help you move forward in your recovery?

7. Which of the following best differentiates a reason from an excuse?
 - o A) There is no difference
 - o B) A reason is backed by evidence, while an excuse is not
 - o C) Excuses are harmless
 - o D) Reasons are always untruthful
 - o **Answer: B** A reason is based on facts or circumstances that explain an action, whereas an excuse often lacks evidence and is used to justify or deflect blame.

Reflection Question: How can recognizing the difference between a reason and an excuse help you take more responsibility for your actions?



Section 2: Values and Priorities

8. Which statement about values is true?
- o A) Changing your values can change your life.
 - o B) Values from childhood must remain unchanged.
 - o C) If something feels good, it must be right for you.
 - o D) Values never change during recovery.
 - o **Answer: A** Values are the foundation of decision-making. Adjusting values to align with recovery goals can lead to profound personal transformation and a more fulfilling life.

Reflection Question: What's one value you've had to reevaluate or change during your recovery? How has this shift impacted your life?

9. If you want to change your life for the better, you should:
- o A) Adjust your priorities and values to align with your goals.
 - o B) Focus only on short-term happiness.
 - o C) Avoid challenges or struggles.
 - o D) Pursue happiness without considering consequences.
 - o **Answer: A** Aligning values and priorities with long-term goals ensures consistent progress. Short-term sacrifices often lead to lasting rewards.

Reflection Question: What's one long-term goal you're working toward, and how can you adjust your priorities to support it?

Section 3: Managing Emotions and Mental Health

10. Which of the following is NOT an effective coping skill for managing anger?
- o A) Deep breathing
 - o B) Breaking something
 - o C) Taking a walk
 - o D) Grounding techniques
 - o **Answer: B** While breaking objects may release temporary tension, it often exacerbates anger. Constructive coping skills like grounding techniques and physical activity promote long-term emotional regulation.

Reflection Question: What's one healthy coping skill you've used to manage anger? How did it help you in the moment?

11. Why are coping skills important?
- o A) They help manage life's challenges and reduce stress.
 - o B) They eliminate all discomfort permanently.
 - o C) They reveal hidden truths about the universe.



- o D) They ensure immediate happiness.
- o **Answer: A** Coping skills provide tools for managing stress and navigating challenges. While they don't erase discomfort, they empower individuals to handle it more effectively.

Reflection Question: What's one coping skill you'd like to improve or try? How might it help you in a high-stress situation?

12. Which approach can help reduce anxiety?
- o A) Physical exercise, such as walking or stretching.
 - o B) Trusting anxiety as a reliable warning system.
 - o C) Avoiding any effort to address anxiety.
 - o D) Relying solely on temporary distractions.
 - o **Answer: A** Physical exercise reduces stress hormones and increases endorphins, which help alleviate anxiety and improve overall mood.

Reflection Question: What's one physical activity you enjoy that helps you feel calmer? How can you incorporate it into your routine?

13. Which strategy can reduce depressive symptoms?
- o A) Reframing negative thoughts in a hopeful way.
 - o B) Avoiding exercise or activity.
 - o C) Focusing on sad media or music.
 - o D) Ignoring feelings altogether.
 - o **Answer: A** Reframing negative thoughts fosters optimism and helps break the cycle of negativity. Practicing gratitude and engaging in meaningful activities also support emotional health.

Reflection Question: What's one negative thought you've reframed recently? How did it change your perspective?

14. Why is forgiveness important in personal growth?
- o A) It allows you to let go of resentment and focus on the present.
 - o B) It forces others to admit they were wrong.
 - o C) Forgiveness is irrelevant in recovery.
 - o D) It is a sign of weakness.
 - o **Answer: A** Forgiveness helps release negative emotions, freeing you to focus on personal growth and well-being.

Reflection Question: Is there someone (including yourself) you need to forgive to move forward in your recovery? How might forgiveness help you heal?



15. Why is physical activity beneficial for emotional well-being?

- o A) It causes temporary exhaustion.
- o B) It releases endorphins, improving mood and reducing stress.
- o C) It eliminates the need for other coping mechanisms.
- o D) It only benefits physical health.
- o **Answer: B** Physical activity reduces stress hormones and boosts endorphins, enhancing mood and promoting overall mental health.

Reflection Question: What's one physical activity you enjoy that lifts your mood? How can you make time for it regularly?

16. What is self-compassion?

- o A) Being overly critical of yourself.
- o B) Treating yourself with kindness and understanding during struggles.
- o C) Avoiding responsibility for your actions.
- o D) Ignoring your emotions.
- o **Answer: B** Self-compassion involves acknowledging your struggles with empathy and support, promoting resilience and growth.

Reflection Question: How can you practice self-compassion the next time you face a challenge? What would it feel like to treat yourself with kindness?

17. What is emotional intelligence?

- A) Avoiding emotions entirely
- B) The ability to understand and manage your emotions
- C) Letting emotions control every decision
- D) Ignoring the emotions of others
- **Answer: B** Emotional intelligence involves recognizing, understanding, and managing your emotions and the emotions of others effectively.

Reflection Question: What's one emotion you find challenging to manage? How can you practice understanding and responding to it more effectively?

18. Which of the following helps manage emotional triggers?

- A) Ignoring them
- B) Journaling and reflecting on feelings
- C) Assuming they will go away on their own
- D) Suppressing emotions completely
- **Answer: B** Journaling and self-reflection promote awareness and provide strategies to handle emotional triggers constructively.

Reflection Question: What's one emotional trigger you've identified? How can journaling help you process and manage it?



19. What is the most effective treatment approach for co-occurring substance use and mental health disorders?
- o A) Medication alone
 - o B) Therapy alone
 - o C) Integrated treatment
 - o D) Self-help groups alone
 - o **Answer: C** Integrated treatment, which addresses both substance use and mental health simultaneously, is the most effective approach for co-occurring disorders.

Reflection Question: Have you tried integrated treatment? How did it help you address both substance use and mental health challenges?

20. Which of these factors has been scientifically linked to increased happiness and life satisfaction?
- o A) High salaried jobs
 - o B) Practicing gratitude
 - o C) Avoiding challenges
 - o D) Watching TV
 - o **Answer: B** Studies show that practicing gratitude regularly can increase happiness, resilience, and overall well-being.

Reflection Question: What are some ways we can incorporate gratitude into our daily lives to improve mental health?

Section 4: Social Support and Relationships

21. Which statement about social support is true?
- o A) True friends tell you what you want to hear.
 - o B) Supportive relationships help keep you on track.
 - o C) Surrounding yourself with fun people ensures success.
 - o D) You can manage everything on your own.
 - o **Answer: B** A strong support system offers encouragement, accountability, and guidance. Surrounding yourself with supportive people strengthens your recovery journey.

Reflection Question: Who is one person in your support system you can reach out to this week? How can they help you stay on track?



22. One benefit of sharing your goals with your support system is:
- o A) They can hold you accountable and provide encouragement.
 - o B) It guarantees quick and easy success.
 - o C) It eliminates the need for coping skills.
 - o D) It ensures you never experience setbacks.
 - o **Answer: A** Sharing goals builds trust and opens avenues for accountability. Supportive feedback and encouragement from others reinforce motivation.

Reflection Question: What's one goal you've shared with your support system? How did their response help you stay motivated?

23. What is the importance of setting boundaries in relationships?
- o A) To isolate yourself from others.
 - o B) To prevent misunderstandings and ensure respect.
 - o C) To control others' behavior.
 - o D) To avoid emotional connections.
 - o **Answer: B** Setting boundaries helps maintain healthy relationships by fostering mutual respect and understanding.

Reflection Question: What's one boundary you've set in a relationship that has improved your well-being? How did it feel to communicate that boundary?

24. What is a key component of effective communication?
- o A) Active listening.
 - o B) Interrupting to make your point.
 - o C) Avoiding eye contact.
 - o D) Speaking louder to dominate the conversation.
 - o **Answer: A** Active listening fosters understanding and helps build strong, respectful relationships.

Reflection Question: How can you practice active listening in your next conversation? How might this improve your relationships?

Section 5: Building Resilience

25. What is resilience?
- A) Ignoring all challenges
 - B) The ability to recover and adapt after difficulties
 - C) A state of constant happiness
 - D) Avoiding risks at all costs



- **Answer: B** Resilience is the capacity to recover from setbacks and adapt positively to challenges, which is vital in mental health and recovery.

Reflection Question: What's one challenge you've overcome that made you more resilient? How can you apply that resilience to future challenges?

26. Which strategy can strengthen resilience?

- A) Isolating yourself from others
- B) Focusing on past mistakes
- C) Practicing gratitude and mindfulness
- D) Avoiding all emotional experiences
- **Answer: C** Gratitude and mindfulness help build resilience by fostering a positive outlook and emotional balance.

Reflection Question: What's one thing you're grateful for today? How can practicing gratitude help you stay resilient?

Section 6: Relapse and Setback Prevention

27. What is the purpose of a relapse prevention plan?

- A) To guarantee you will never relapse
- B) To identify triggers and prepare coping strategies
- C) To avoid all uncomfortable emotions
- D) To rely solely on willpower
- **Answer: B** A relapse prevention plan helps identify triggers and equips individuals with tools to manage high-risk situations effectively.

Reflection Question: What's one trigger you've included in your relapse prevention plan? How can you prepare to handle it differently?

28. Which of the following is a high-risk situation for setbacks and relapse?

- A) Boredom
- B) Emotional distress
- C) Isolation
- D) All of the above
- **Answer: D** Boredom, emotional distress, and isolation are common high-risk situations that can be managed with effective coping skills.

Reflection Question: Which of these high-risk situations (boredom, emotional distress, or isolation) is most challenging for you? What coping skills can you use to manage it?



29. What is a "slip" in recovery?

- A) A complete return to old habits
- B) A temporary setback that can be overcome
- C) Proof of failure
- D) A reason to give up
- **Answer: B** A slip is a temporary setback and an opportunity to learn and reinforce recovery strategies.

Reflection Question: If you experience a slip, how can you remind yourself that it's not a failure but an opportunity to learn?

30. Which strategy can help you identify triggers?

- o A) Journaling or talking about high-risk situations and emotions.
- o B) Ignoring cravings entirely.
- o C) Avoiding reflection on past challenges.
- o D) Assuming triggers are unavoidable.
- o **Answer: A** Journaling and talking openly helps identify patterns and triggers, providing insights into high-risk situations. Awareness of triggers allows for proactive planning and better coping strategies.

Reflection Question: What's one trigger you've identified in your life? How can you prepare to handle it differently in the future?

31. Why is learning to manage cravings important?

- o A) To reduce the desire to self-medicate during difficult times.
- o B) To eliminate all urges permanently.
- o C) To prove personal strength and intelligence.
- o D) To block out all emotions.
- o **Answer: A** Managing cravings reduces the risk of relapse and helps individuals develop healthier responses to stress and emotional discomfort.

Reflection Question: What's one strategy you've found helpful in managing cravings? How can you build on this strategy moving forward?

32. What percentage of people in recovery from substance use disorders relapse at least once?

- o A) 20%
- o B) 40%
- o C) 60%
- o D) 80%
- o **Answer: C** Approximately 60% of individuals in recovery experience at least one relapse, underscoring the importance of ongoing support and relapse prevention strategies.



Reflection Question: How do you view relapse in the context of recovery? What steps can you take to minimize the risk of relapse and setbacks?

33. Which one is probably not a good way to cope with substance cravings?
- o A) Distract yourself by thinking about something positive or doing something active
 - o B) Call someone for help
 - o C) Fantasize about getting high
 - o D) Remember how you will feel after you are done and have to face consequences
 - o **Answer: C** Fantasize about getting high will only increase cravings so it is much better to distract yourself, think about consequences and rewards, or seek support.

Reflection Question: Think about a time when you successfully managed a craving. What strategy worked best for you, and how can you use it more effectively in the future?

Section 7: Healthy Habits

34. How does staying hydrated benefit mental health?
- o A) It eliminates all stress
 - o B) It improves cognitive function and energy levels
 - o C) It replaces the need for other coping skills
 - o D) It has no effect on mental health
 - o **Answer: B** Staying hydrated supports brain health, enhancing focus, mood, and energy.

Reflection Question: How can you remind yourself to stay hydrated throughout the day? How might this small change improve your mental clarity?

35. What is the recommended minimum amount of sleep for most adults?
- o A) 4 hours
 - o B) 6 hours
 - o C) 7-9 hours
 - o D) 10-12 hours
 - o **Answer: C** Most adults need 7-9 hours of quality sleep for optimal mental and physical health.

Reflection Question: How does your sleep schedule impact your mood and energy levels? What's one change you can make to improve your sleep?

36. Why is regular physical activity recommended in recovery?
- o A) It distracts from cravings temporarily
 - o B) It reduces stress, improves mood, and builds discipline
 - o C) It makes you physically tired
 - o D) It guarantees weight loss



- o **Answer: B** Physical activity enhances mental health by releasing endorphins, reducing stress, and promoting overall well-being.

Reflection Question: What's one physical activity you enjoy that you can incorporate into your routine? How might it help you manage stress?

37. How does sleep impact mental health?

- o A) Sleep has no significant impact.
- o B) Lack of sleep can worsen anxiety and depression.
- o C) Oversleeping always resolves mental health issues.
- o D) Sleep quality doesn't affect recovery.
- o **Answer: B** Quality sleep improves emotional resilience and reduces symptoms of anxiety and depression, supporting overall well-being.

Reflection Question: How has your sleep quality affected your mood or mental health? What's one change you can make to improve your sleep habits?

38. What role does nutrition play in mental health?

- o A) Nutrition has no effect.
- o B) A balanced diet can support brain health and mood stability.
- o C) Eating sugary foods eliminates stress.
- o D) Skipping meals helps build focus.
- o **Answer: B** A healthy diet provides essential nutrients that improve mood and cognitive function, reducing stress and enhancing recovery.

Reflection Question: What's one small change you can make to your diet to support your mental health? How might this change impact your mood?

Section 8: Decision-Making

39. Which step is important in making healthier decisions?

- A) Acting on impulse
- B) Evaluating potential consequences
- C) Avoiding decisions altogether
- D) Seeking shortcuts for immediate results
- **Answer: B** Thoughtfully evaluating consequences helps make decisions that align with long-term recovery and personal values.

Reflection Question: What's one decision you've made recently that aligned with your recovery goals? How did evaluating the consequences help you make that choice?



40. Why is asking for advice sometimes beneficial?

- A) Others can decide for you
- B) It guarantees success
- C) It provides perspectives you might not have considered
- D) It avoids responsibility
- **Answer: C** Seeking advice can offer fresh insights and help make more informed decisions.

Reflection Question: Who is someone you trust to give you honest advice? How can their perspective help you make better decisions?

Section 9: Long-Term Recovery

41. What is a key characteristic of sustainable recovery?

- A) Focusing only on short-term goals
- B) Embracing lifelong learning and growth
- C) Avoiding all challenges
- D) Achieving quick success
- **Answer: B** Sustainable recovery involves continuous growth, adapting to challenges, and maintaining focus on long-term well-being.

Reflection Question: What's one area of personal growth you'd like to focus on in your recovery? How can you embrace this as a lifelong journey?

42. Why is celebrating small victories important in recovery?

- A) It boosts morale and reinforces positive behaviors
- B) It replaces the need for larger goals
- C) It creates unrealistic expectations
- D) It guarantees perfection
- **Answer: A** Celebrating small successes builds confidence and motivation, encouraging ongoing progress.

Reflection Question: What's one small victory you've achieved recently? How can you celebrate it to reinforce your progress?



Section 10: Bonus Trivia

43. Jimi Hendrix, Kurt Cobain, and Jim Morrison all died at the age of:

- A) 27
- B) 30
- C) 25
- D) 35

Answer: A These artists are part of the "27 Club," highlighting the struggles many creative individuals face with mental health and substance use. Their stories remind us of the importance of seeking help early.

Reflection Question: How does the story of the "27 Club" resonate with you? What steps can you take to seek help or support before challenges become overwhelming?

44. What percentage of suicides involve alcohol or drugs?

- A) 10%
- B) 25%
- C) 50%
- D) 75%

Answer: C Substance use can impair judgment and exacerbate mental health challenges, significantly increasing the risk of suicide. Understanding this link is crucial for prevention efforts.

Reflection Question: How has substance use impacted your mental health and decision-making? What strategies can you use to reduce the risk of impulsive actions during difficult moments?

45. Which is NOT an opioid?

- A) Fentanyl
- B) Heroin
- C) Codeine
- D) Xanax

Answer: D Xanax is a benzodiazepine, not an opioid. Both drug classes carry risks, but understanding their differences can inform safer medical practices and personal choices.

Reflection Question: Have you ever used prescription medications in ways other than prescribed? How can you ensure you're using medications safely and responsibly as part of your recovery journey?

46. What percentage of people with substance use disorders also experience a co-occurring mental health condition?

- A) 10%
- B) 25%
- C) 50%



- o D) 75%
- o **Answer: C** Approximately 50% of individuals with substance use disorders also have a co-occurring mental health condition, highlighting the importance of integrated treatment.

Reflection Question: How has your mental health impacted your relationship with substances? What steps can you take to address both simultaneously?

47. Which neurotransmitter is most commonly associated with feelings of pleasure and reward, and is heavily impacted by substance use?
- o A) Serotonin
 - o B) Dopamine
 - o C) GABA
 - o D) Norepinephrine
- o **Answer: B** Dopamine is the neurotransmitter most closely linked to pleasure and reward, and its regulation is often disrupted by substance use.

Reflection Question: How do you think substances have affected your brain's natural reward system? What healthy activities can you engage in to boost dopamine naturally?

48. Which of the following substances is most commonly associated with impaired driving accidents?
- o A) Alcohol
 - o B) Cocaine
 - o C) Prescription opioids
 - o D) Marijuana
- o **Answer: A** Alcohol is the substance most frequently linked to impaired driving accidents, highlighting the dangers of driving under the influence.

Reflection Question: How has substance use impacted your decision-making, particularly in situations like driving? What steps can you take to ensure safety for yourself and others?

49. Which of the following is NOT a symptom of withdrawal from alcohol?
- o A) Seizures
 - o B) Hallucinations
 - o C) Increased energy
 - o D) Anxiety
- o **Answer: C** Increased energy is not a symptom of alcohol withdrawal. Common symptoms include anxiety, seizures, and hallucinations.

Reflection Question: Have you ever experienced withdrawal symptoms? How did you cope, and what support did you seek?



50. What is the leading cause of death among individuals with untreated substance use disorders?
- o A) Overdose
 - o B) Liver disease
 - o C) Heart disease
 - o D) Suicide
 - o **Answer: A** Overdose is the leading cause of death among individuals with untreated substance use disorders, emphasizing the need for early intervention and support.

Reflection Question: How can you reduce the risk of overdose in your life or support others in doing so?

51. Which mental health condition is most commonly associated with chronic pain and substance use?
- o A) Depression
 - o B) Bipolar Disorder
 - o C) Schizophrenia
 - o D) PTSD
 - o **Answer: A** Depression is frequently linked to chronic pain and substance use, as individuals may turn to substances to self-medicate.

Reflection Question: How has chronic pain or emotional pain influenced your relationship with substances? What healthier alternatives can you explore?

52. What is the term for when someone needs more of a substance to achieve the same effect?
- o A) Dependence
 - o B) Tolerance
 - o C) Withdrawal
 - o D) Addiction
 - o **Answer: B** Tolerance occurs when the body requires more of a substance to achieve the same effect, often leading to increased use.

Reflection Question: Have you noticed your tolerance increasing with substance use? How did this impact your behavior and decisions?

53. Which of the following is a common symptom of PTSD?
- o A) Flashbacks
 - o B) Excessive happiness
 - o C) Increased focus
 - o D) Lack of empathy
 - o **Answer: A** Flashbacks are a hallmark symptom of PTSD, often triggered by reminders of traumatic events.



Reflection Question: How has trauma influenced your mental health or substance use? What coping strategies have helped you manage PTSD symptoms?

54. Which of the following is a common side effect of long-term opioid use?

- A) Improved memory
- B) Increased energy
- C) Constipation
- D) Enhanced mood stability
- Answer: C** Constipation is a common side effect of long-term opioid use, along with other physical and mental health challenges.

Reflection Question: How has long-term substance use affected your physical health? What steps can you take to address these effects?

55. Which of the following is a common symptom of anxiety disorders?

- A) Excessive sleep
- B) Racing thoughts
- C) Lack of emotion
- D) Increased appetite
- Answer: B** Racing thoughts are a common symptom of anxiety disorders, often leading to difficulty concentrating or relaxing.

Reflection Question: How do racing thoughts or anxiety impact your daily life? What strategies help you manage these symptoms?

56. What is the term for the process of gradually reducing substance use under medical supervision?

- A) Cold turkey
- B) Detoxification
- C) Harm reduction
- D) Relapse
- Answer: B** Detoxification involves gradually reducing substance use under medical supervision to manage withdrawal symptoms safely.

Reflection Question: Have you ever gone through detoxification? How did it help you in your recovery journey?



57. Which of the following is a common barrier to seeking treatment for substance use disorders?

- A) Stigma
- B) Overconfidence
- C) Lack of available substances
- D) Excessive support from loved ones
- Answer: A** Stigma is a significant barrier to seeking treatment, as individuals may fear judgment or discrimination.

Reflection Question: How has stigma affected your willingness to seek help? How can you challenge stigma in your own life or community?

58. What is the most common mental health condition in the United States?

- A) Depression
- B) Anxiety
- C) Bipolar disorder
- D) Schizophrenia
- Answer: B** Anxiety is the most common mental health condition in the U.S., affecting millions of people each year.

Reflection Question: How has anxiety impacted your life? What coping strategies have you found most helpful?

59. Which one is true about addiction?

- A) It runs in families (genetic)
- B) It cannot happen to strong and intelligent people
- C) It looks the same for everyone
- D) It only happens with drugs or alcohol
- Answer: A** Addiction has a genetic component and can run in families, but it can affect anyone regardless of strength or intelligence.

Reflection Question: How does understanding the genetic factors in addiction affect the way you view your own or others' struggles with it?

60. Which of these qualities will help most in the process of recovery and positive change?

- A) Honesty
- B) Excitement
- C) Risk taking
- D) Apathy
- Answer: A** Honesty is essential in recovery, as it fosters self-awareness and accountability.

Reflection Question: How has being honest with yourself and others supported your recovery process or your journey toward self-improvement?



61. What percentage of people who try to quit smoking relapse within the first year?

- o A) 25%
- o B) 50%
- o C) 60%
- o D) 80%

o **Answer: D** About 80% of people who try to quit smoking relapse within the first year, showing how difficult addiction recovery can be.

Reflection Question: How do you stay motivated to overcome setbacks in your own recovery process?

Closing Reflection Questions

1. What concept from the worksheet stood out to you the most, and why?
 2. How can you apply something discussed today to your personal growth and recovery?
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