

Quiz: Healthy Social Relationships and Activities



Name (first name only): _____ Date: _____

- 1. Social relationships reflect shared values, attitudes, and activities.**
 - a. True
 - b. False

- 2. To heal a relationship that was harmed by your addiction, you should:**
 - a. expect to be trusted immediately
 - b. deny that your addiction caused any harm to others
 - c. put the other person on the defensive
 - d. demonstrate your commitment to healing the relationship

- 3. When you need help from someone on your social support team:**
 - a. always ask the same person
 - b. ask for help indirectly (hint at what you need)
 - c. ask for help when the person is busy
 - d. none of the above

- 4. Health-promoting work-related activity includes:**
 - a. continued education
 - b. volunteerism
 - c. paid employment
 - d. all of the above

- 5. Healthy addictions are different from drug addiction in which of the following ways:**
 - a. They always feel good immediately.
 - b. They have long-term positive effects.
 - c. They don't provide any "feel-good" chemicals.
 - d. all of the above

Score: _____

Are You Infected with USR's?



1. On the reverse side of this worksheet, write your first name in the center.
2. Identify your unhealthy and healthy relationships (using the person's initials).

Unhealthy	Healthy
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____

3. Then answer the following questions:

a) Does the number of drug-users you spend time with outnumber the number of non-drug users you spend time with?

Yes No

b) Do the activities you engage in with your drug-using "friends" and acquaintances help you to protect your health?

Yes No

c) Does the person you spend **the most** time with encourage you and help you to protect your health?

Yes No

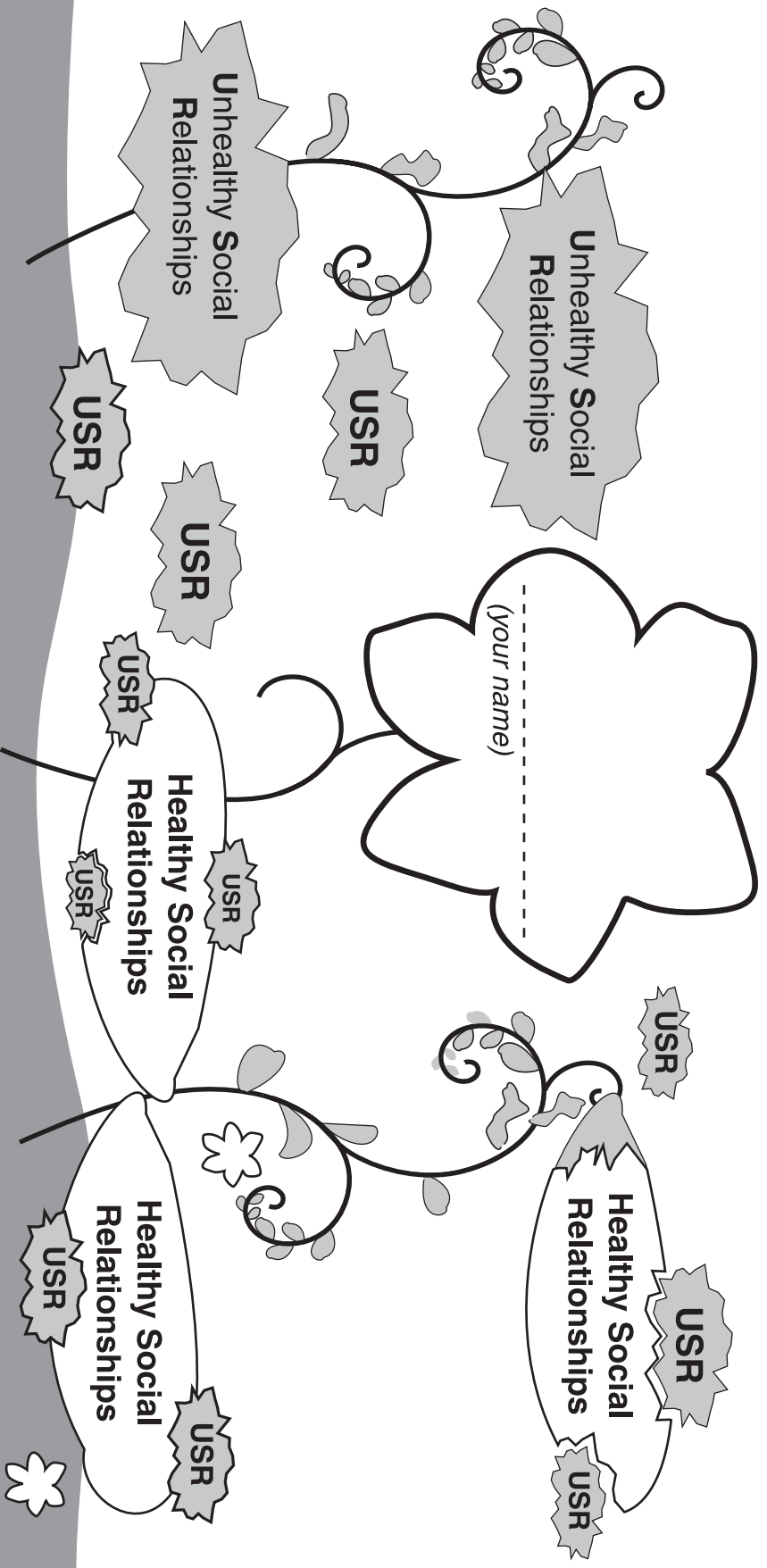
If you answered "yes", protect and nurture this relationship. If you answered "no", it may be time to make an important decision—to choose between this relationship or your recovery.

(over)

ARE YOU INFECTED WITH "USR" 'S?

Unhealthy **S**ocial **R**elationships

infect, damage, and destroy **H**ealthy **S**ocial **R**elationships



Planning a “Fun-day” Team Worksheet



Select day for activities: Saturday Sunday

Time	Specify the Activity	Estimate Cost	Preparations Required
10:00 AM			
10:30			
11:00			
11:30			
12:00 PM			
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00			
7:30			
8:00			
Total hours _____ (minimum five hrs)		Total cost \$ _____ (maximum \$30)	