

NEW MEXICO 5-ACTIONS PROGRAM™

Study & Tracking Tools · Tool 3 of 5

Quizzes

One big-picture quiz on the whole program, plus a 10-question quiz for each module

These quizzes are for fun and for perspective, not for grading. The Big Picture Quiz asks twenty questions that each target a central idea; if you get most of them right, you understand addiction and its solutions the way this program teaches them.

Each module quiz checks the specifics of one module. Answer keys with short explanations are at the back.

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Free program, paid for by the New Mexico Health Care Authority.

This program is not a substitute for professional medical or health care advice, which should be obtained directly from your healthcare provider.

How to Use the Quizzes

Take the Big Picture Quiz whenever you like: before you start, to see what you already know; midway; or at the end. You do not need to have watched every video, because the questions are about the ideas that run through the whole program. Take a module quiz after finishing that module's videos, or use it as a preview to see whether a module has something new for you.

Circle one answer for each question. Then turn to the answer keys at the back, score yourself, and read the short explanation for any you missed. Each explanation names the video where the idea is taught, so you know exactly what to rewatch.

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Answer keys	All quizzes, with explanations
My scores	Score sheet

A note on scoring

Big Picture Quiz: 17–20 correct means you have the whole picture; 13–16 means you have most of it and the explanations will fill the gaps; below 13 simply means there is a lot in the program you have not met yet, which is good news.

Module quizzes: 8–10 correct means you have the module; 6–7, review the key points (Tool 2); 5 or fewer, the module is worth watching (again).

The Big Picture Quiz

Twenty questions on the whole program

This quiz is for fun and for perspective. Each question targets a big idea rather than a detail, so if you get most of them right you understand addiction and its solutions the way this program teaches them, whether or not you watched every video. Circle one answer per question, then check the key at the back.

Name: _____ Date: _____ Score: _____ / 20

1. According to the program, when does the path into addiction begin for most people?

- a) In early adulthood, once people have access to money and freedom
- b) At any age, with no clear pattern
- c) In adolescence: before age 15 for over 80 percent, and before 20 for over 90 percent
- d) In middle age, usually after a major loss

2. What does the Risk and Protective Factor framework say about the cause of addiction?

- a) It is caused mainly by weak character
- b) It is caused by the drug itself
- c) A single decisive cause can usually be identified
- d) Many factors at the individual, family, school, and community level combine, and the mix is unique to each person

3. Which statement best describes the role of genes in addiction?

- a) Specific "addiction genes" determine who becomes addicted
- b) Genes play no meaningful role
- c) Genes matter only for alcohol
- d) Genes explain about half of addictive behavior on average, but only when they interact with environmental risk factors

4. How does the program describe the relationship between trauma, adverse childhood experiences, and addiction?

- a) They are unrelated; addiction is a separate brain disease
- b) Addiction is an adaptive response to pain: it helps people survive what feels unbearable, at a high cost
- c) Only severe, diagnosable PTSD matters
- d) Trauma causes addiction only when it is remembered clearly

5. Why does the program insist that all of a person's addictions be addressed as one package?

- a) Because behavioral addictions are not real addictions
- b) Because it is faster
- c) Because insurance requires it
- d) Because all addictions hijack the same brain regions, and stopping one while continuing another keeps the brain in an addicted state

6. What does it mean that addiction "hijacks" the brain?

- a) The person loses all ability to choose
- b) The brain is permanently destroyed
- c) Over time the reward, stress, and executive-control systems are rewired so that the "go" system screams while the "stop" system whispers
- d) Only the pleasure center is affected

7. What is the difference between "feel good" and "feel better" as reasons for addictive behavior?

- a) Feel better applies only to prescription drugs
- b) They are the same thing
- c) Feel good is seeking pleasure or a high; feel better is seeking relief from emotional, psychological, or physical pain
- d) Feel good is for substances; feel better is for behaviors

8. Is there such a thing as an "addictive personality"?

- a) Yes, it is one of the five personality factors
- b) No; certain traits raise risk, but people with addiction appear across every personality type, and you are not your addiction
- c) Yes, but only for people with multiple addictions
- d) Yes, it is inherited

9. Why does the program compare addiction to diabetes, hypertension, and asthma?

- a) Because they are all caused by diet
- b) Because they all require hospitalization
- c) Because they share similar heritability, similar relapse rates, no cure, and all need long-term continuing care rather than a short episode of treatment
- d) Because they are all curable with the right medication

10. How should a relapse be understood?

- a) As a normal part of a chronic condition, a process in time, and often a learning opportunity, whose deepest harm is eroding hope
- b) As a rare event that only happens to people who do not try
- c) As proof that treatment does not work
- d) As proof that the person is broken

11. What is the difference between shame and guilt, and why does it matter?

- a) Shame is healthier than guilt
- b) They are identical
- c) Guilt fuels addiction; shame ends it
- d) Guilt is about behavior; shame is about who you are, and shame fuels the addiction cycle

12. Decades-long studies at Harvard and elsewhere found that a good life is built primarily on:

- a) Wealth and career success
- b) Freedom from all stress
- c) Religious belief
- d) Good relationships

13. What does "developmental stuckness" mean in this program?

- a) Never having been taught the skills to start, build, and maintain healthy relationships, usually because of insecure attachment, ACEs, or trauma
- b) Failing a grade in school
- c) Being physically stuck in one place
- d) Refusing to grow up

14. What is the purpose of finding your "why"?

- a) To satisfy a treatment requirement
- b) To have a purpose powerful enough to outweigh addiction when you are standing at the crossroads
- c) To identify who to blame
- d) To explain your addiction to others

15. What are the three psychological needs the program says are more powerful than addiction?

- a) Autonomy, relatedness, competence
- b) Abstinence, meetings, sponsorship
- c) Money, status, safety
- d) Pleasure, rest, food

16. The 4-Step Solution teaches that:

- a) Medication is the only way to change the brain
- b) You should suppress all thoughts about your addiction
- c) Cravings are the truth and must be obeyed
- d) Your brain sends deceptive messages, but your mind can relabel, reframe, refocus, and revalue them, and by changing your mind you rewire your brain

17. What sets this program apart from most addiction treatment, according to the program itself?

- a) It is based only on the 12 steps
- b) It focuses on one addiction at a time
- c) It helps people identify and address the underlying drivers of their behavior: relationships, trauma, mood, and anxiety
- d) It replaces professional treatment

18. In parts work (Internal Family Systems), why does addiction lose its power when "exiles" are healed?

- a) Because the Self disappears
- b) Because managers take over
- c) Because exiles are the parts that use
- d) Because firefighters use addiction to put out the emotional fires of exiled parts; with no fire to put out, they have no job

19. What does the program mean by "create, don't just fix"?

- a) You should start a business
- b) The energy used to bring something new into existence is different from the energy used to make problems go away, and creating what matters is the best relapse prevention
- c) You should ignore your problems
- d) Art therapy is required

20. When does treatment work, according to the evidence reviewed in the program?

- a) Only with medication
- b) It rarely works
- c) While people are actively engaged in it, and afterward for those who stay engaged in a recovery or health-promoting lifestyle
- d) Only in residential programs

Module Quiz 1 • Why Addiction Starts

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

- 1. The young woman who knew at 12 that alcohol would become her "best friend" illustrates that:**
 - a) Some people are simply born alcoholics
 - b) Peer pressure is the main cause of addiction
 - c) Early use often coincides with pain (she was being abused) and biological risk (family alcohol history)
 - d) Bourbon is more addictive than other drinks
- 2. Protective factors at the family level include:**
 - a) Nurturing parents who understand their child's physical, emotional, and psychological needs
 - b) Keeping alcohol locked away
 - c) Strict punishment
 - d) Moving frequently
- 3. What proportion of addictive behavior, on average across addictions, is explained by inherited genes?**
 - a) None
 - b) About 50 percent
 - c) About 10 percent
 - d) About 90 percent
- 4. People with fewer dopamine D2 receptors in the nucleus accumbens tended to:**
 - a) Like the feeling of the stimulant drug, suggesting higher addiction risk
 - b) Dislike the stimulant drug
 - c) Feel sick
 - d) Show no difference
- 5. Roughly what share of people develop insecure attachment?**
 - a) 40 percent
 - b) 5 percent
 - c) 80 percent
 - d) 20 percent
- 6. The ACE study began with an unexpected finding in a weight-loss program. What was it?**
 - a) Patients gained weight on the program
 - b) Patients had no history of adversity
 - c) Exercise did not help
 - d) Patients who lost the most weight were dropping out, because overeating had been a way of coping with adverse childhood experiences
- 7. Trauma is defined by:**
 - a) How violent the event was
 - b) Whether it was reported to police
 - c) Your response to the event, not the event itself
 - d) Whether it happened before age 18

8. During the freeze response, the body is flooded with:

- a) Dopamine
- b) Natural opioids that block pain
- c) Serotonin
- d) Adrenaline that speeds the heart

9. What did brain imaging reveal about Broca's area during a traumatic flashback?

- a) It was unaffected
- b) It essentially shut down, impairing the ability to put the experience into words
- c) It controls the freeze response
- d) It became hyperactive

10. What does Rat Park teach, in the program's current view?

- a) Environment is the only cause of addiction
- b) Drugs alone cause addiction
- c) Rats cannot become addicted
- d) Environment is an important factor that interacts with genetics, attachment, ACEs, and trauma, and can be part of the way out

Module Quiz 2 • Why Addiction Gets Harder to Stop

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. A key conclusion of the 30-year Minnesota Study was that:

- a) Parents are to blame and should be confronted
- b) Treatment might best begin by addressing what was missing in childhood: feeling safe, attuning to others, self-regulating, and connecting
- c) Addiction appears suddenly out of nowhere
- d) Genetics explains everything

2. Darren, who "ate marijuana with his breakfast cereal," illustrates that:

- a) Marijuana is not addictive
- b) Addiction emerges largely from availability and the environment in which you were raised
- c) Only people with bad character get addicted
- d) Treatment is unnecessary

3. Which brain region is involved in the withdrawal / negative-feeling stage of addiction?

- a) Basal ganglia
- b) Extended amygdala
- c) Prefrontal cortex
- d) Broca's area

4. Delta FosB is best described as:

- a) A molecular "dimmer switch" that accumulates with use, rewires the brain, and can persist for months or years after stopping
- b) A medication for cravings
- c) An on/off light switch
- d) A personality trait

5. Why does the speed of a reward matter for addiction?

- a) Speed does not matter
- b) Only behavioral addictions depend on speed
- c) The more immediate and powerful the reward, the more addictive; if alcohol took ten hours to work, few would drink
- d) Slower rewards are more addictive

6. According to Lance Dodes, what precedes virtually every addictive act?

- a) A feeling of helplessness or powerlessness
- b) Physical withdrawal
- c) Boredom
- d) A celebration

7. Why did Sam feel relief from a single sip of bourbon, long before alcohol could take effect?

- a) Anxiety causes hallucinations
- b) She was imagining it
- c) Memory and expectation: reward-based learning had wired her brain to expect relief
- d) Bourbon acts instantly

8. What happened to the "abuse" and "dependence" diagnoses in DSM-5?

- a) They were combined into a single "use disorder" category because the split was not supported by science
- b) Nothing changed
- c) They were renamed addiction A and B
- d) They were expanded

9. A review of 83 studies estimated that in any given year, what share of U.S. adults show signs of an addictive disorder?

- a) About 90 percent
- b) About 15 percent
- c) About 5 percent
- d) About 47 percent

10. Why did the man who killed a child while driving drunk return to drinking despite everything?

- a) When addiction is an adaptive, habituated way to cope with pain, it can persist beyond almost any consequence until its adaptive nature is understood
- b) Prison made him worse
- c) He had an addictive personality
- d) He did not care

Module Quiz 3 • Different Kinds of Addiction

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. Grief therapist Francis Weller says addictions are "an attempt to cope with intolerable states." This is an example of:

- a) Sensation seeking
- b) Feel good
- c) Genetic risk
- d) Feel better

2. Moderate drinking guidelines cited in the program are:

- a) Weekend-only drinking
- b) One drink per day for women and no more than two for men
- c) Up to three drinks a day for everyone
- d) No alcohol at all

3. Why does the program say stopping drinking while continuing to smoke is "like switching brands of fuel"?

- a) Because cigarettes are cheaper
- b) Because all addictions hijack the same brain region, so the brain stays fueled
- c) Because smoking is not really an addiction
- d) Because nicotine is stronger than alcohol

4. Approximately what share of marijuana users meet criteria for cannabis use disorder?

- a) 50 percent
- b) 1 percent
- c) 20 percent
- d) 5 percent

5. What immediate step does the program urge for anyone at risk of opioid overdose?

- a) Stop all medications
- b) Obtain a naloxone kit and make sure the people around you know how to use it
- c) Switch to a weaker opioid
- d) Enter residential treatment the same day

6. The energy from stimulants is described as:

- a) A gift
- b) Free energy
- c) A loan from your body that must be repaid with rest
- d) Harmless

7. Escape gamblers, compared with action gamblers, tend to:

- a) Be women who play slots or bingo and get hooked on a trance-like disconnection from pain
- b) Prefer poker and sports betting
- c) Seek treatment more often
- d) Have no risk factors

8. Why do diet and exercise so often fail for people with food addiction?

- a) Because exercise increases appetite
- b) Because unhealthy eating is linked with sleep deprivation, shame, and underlying pain that food helps manage
- c) Because food is not addictive
- d) Because willpower is lacking

9. For food and sex addictions, the goal of intervention is:

- a) Total abstinence
- b) Medication only
- c) Avoidance of relationships
- d) Learning to eat and behave sexually in ways that nurture health, since both are hard-wired for survival

10. Patrick Carnes' "addiction interaction disorder" includes "replacement," which means:

- a) Changing brands
- b) Replacing a therapist
- c) Replacing drugs with medication
- d) Stopping one addiction and taking up another to keep serving the same adaptive purpose, like whack-a-mole

Module Quiz 4 • What Addiction Can Do to Your Life

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. Brain scans of a cocaine user at 10 days and 100 days of abstinence showed:

- a) Permanent damage with no recovery
- b) Full recovery by day 10
- c) Reduced activity at 10 days and only partial recovery at 100 days, indicating healing takes many months or years
- d) No change from a normal brain

2. The default mode network is most active when:

- a) You are asleep
- b) Your mind wanders with no destination; it is the "me network"
- c) You are exercising
- d) You are focused on a task

3. The 2000 JAMA article compared addiction with diabetes, hypertension, and asthma because they share:

- a) The same medications
- b) The same symptoms
- c) Similar heritability (about 50 percent), similar relapse rates (40 to 60 percent), and no cure
- d) The same age of onset

4. Anna Rose Childress' imaging research showed that cues such as a wine display:

- a) Have no effect after a few months sober
- b) Only affect people with severe addiction
- c) Reduce cravings through exposure
- d) Activate the brain's reward system in milliseconds, before conscious awareness

5. Instead of "I am an alcoholic," the program suggests saying:

- a) "I used to be an alcoholic"
- b) "I am broken"
- c) "A part of me struggles with drinking alcohol"
- d) "I have an addictive personality"

6. Where does shame come from, according to the program?

- a) It comes from drug use only
- b) You are born with it
- c) It is learned relationally, usually reflecting missing emotional attunement in childhood or stuck trauma responses
- d) It comes from religion

7. Kahlil Gibran's line "the deeper that sorrow carves into your being, the more joy you can contain" is used to argue that:

- a) Grief is a mental illness
- b) Grief should be avoided
- c) Joy causes addiction
- d) Staying in addiction cuts you off from grief and therefore from joy; recovery requires an apprenticeship with grief

8. The root cause of relationship problems for people with addiction, per the program, is:

- a) Too much time alone
- b) Bad luck in partners
- c) Developmental stuckness: never learning the skills for healthy relationships because of insecure attachment, ACEs, and trauma
- d) The addiction itself

9. What is the downside of a "problem-focused" life?

- a) Problems get solved too quickly
- b) It becomes a rut where problems dominate your energy and even multiply, while the different energy needed to create goes untapped
- c) It is too creative
- d) There is no downside

10. What does "eyes open" versus "eyes closed" refer to?

- a) Denial versus honesty
- b) Sleep versus waking
- c) The world of doing and chronological time versus the timeless world beyond the self, which addiction can unexpectedly open a door to
- d) Meditation techniques

Module Quiz 5 • Action 1 • Take Your First Step

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. Viktor Frankl believed a "why" is most powerful when it:

- a) Is assigned by a counselor
- b) Is kept secret
- c) Aligns with higher meaning and purpose and is focused on accomplishing something important in the future
- d) Is about money

2. The "playing field for behavior change" is:

- a) The present moment
- b) Treatment
- c) The past
- d) The future

3. Relatedness means:

- a) Following the rules
- b) Having nurturing relationships and contributing to something greater than yourself
- c) Being related to someone with addiction
- d) Feeling competent

4. Frankl's "last of the human freedoms" is:

- a) To choose one's attitude in any set of circumstances
- b) Freedom to leave treatment
- c) Freedom from addiction
- d) Freedom of speech

5. How does the program suggest fueling your why with relatedness?

- a) Being around people who share your commitment to change and your passions, including using the phone support
- b) Joining only 12-step groups
- c) Working alone until you are ready
- d) Cutting off all old friends

6. What lesson does Alex Honnold's free solo of El Capitan offer?

- a) Competence comes from painstaking preparation, so view past quit attempts as preparation and identify the skills to practice
- b) Take big risks without preparation
- c) Climbing cures addiction
- d) Never turn back

7. How does a person become grittier?

- a) By reading about grit
- b) By being born with talent
- c) By avoiding mistakes
- d) By making commitments to yourself and keeping them, however small

8. Grit is defined as:

- a) Anger
- b) Perseverance and passion for something you want very badly
- c) Stubbornness about treatment
- d) Intelligence

9. Which is NOT one of the three needs?

- a) Abstinence
- b) Competence
- c) Relatedness
- d) Autonomy

10. The program says it maximizes your autonomy by:

- a) Reporting to your employer
- b) Assigning a sponsor
- c) Requiring a fixed schedule
- d) Giving you complete control over which videos you watch, which exercises you do, and how much phone support you use

Module Quiz 6 • Action 2 • Cut Back or Stop Harmful Behaviors

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. The Titanic dinner-menu story makes the point that:

- a) Crises are rare
- b) Menus matter
- c) Addressing addiction makes no sense until crises and basic needs (housing, food, medical care, safety, withdrawal risk) are handled
- d) Treatment should be luxurious

2. The four steps of the 4-Step Solution are:

- a) Rest, Reflect, Repair, Return
- b) Reduce, Restrict, Remove, Recover
- c) Relabel, Reframe, Refocus, Revalue
- d) Recognize, Resist, Replace, Reward

3. Which is an FDA-approved medication for alcohol use disorder named in the program?

- a) Buprenorphine
- b) Methadone
- c) Acamprosate
- d) Nicotine patch

4. What is drug-gene (pharmacogenetic) testing used for?

- a) Detecting drug use
- b) Predicting relapse
- c) Diagnosing addiction
- d) Helping you and your prescriber choose psychiatric medications likely to give the most benefit with the least risk

5. The program's view of 12-step groups is:

- a) They only work for alcohol
- b) They are outdated
- c) They are the most available and effective for many, but most people who overcome addiction never attend, and alternatives such as SMART Recovery exist
- d) Everyone must attend

6. Why did Rebecca relapse within weeks of leaving residential treatment?

- a) She did not try hard enough
- b) She stopped her medication
- c) She returned to an environment full of cues that triggered her brain before she was aware of it
- d) The treatment was bad

7. Who is responsible for coordinating your care team, realistically?

- a) You, by listing providers, signing releases, obtaining your records, and prompting collaboration
- b) Your primary care doctor automatically
- c) Your insurance company
- d) The hospital

8. What did charting Alex's relapses reveal?

- a) He was getting worse
- b) Relapses were random
- c) Treatment had failed
- d) His sober time doubled after each relapse: he was getting better

9. The most powerful relapse triggers, according to the program, come from:

- a) Insecure attachment, untreated trauma, active co-occurring disorders, and living in a "rat prison"
- b) Holidays
- c) Bars and parties
- d) Boredom

10. Being abstinent from one addiction while engaging in another means:

- a) Nothing
- b) You have succeeded
- c) You still have work to do, because the program focuses on all addictions in your life
- d) You should switch back

Module Quiz 7 • Action 3 • Work Through What Keeps You Stuck (Mental Health Support)

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. The four underlying drivers addressed by the Mental Health Support pages are:

- a) Relationships, trauma, depression and mood, anxiety
- b) Alcohol, drugs, gambling, food
- c) Sleep, diet, exercise, money
- d) Genes, brain, environment, culture

2. The Ideal Parent Figure protocol helps people earn secure attachment by:

- a) Reading about attachment
- b) Confronting their real parents
- c) Taking medication
- d) Imagining ideally attuned parents and revisiting childhood scenes with a therapist adding the missing attachment ingredients

3. A core rule for trauma treatment in the program is:

- a) Interventions should never make you feel you are reliving trauma; you are in control
- b) You must relive the trauma to heal
- c) Trauma cannot be treated
- d) Only medication works

4. Which is NOT one of the Four Tools to Self-Treat Trauma?

- a) Focusing
- b) Yoga
- c) Tension and Trauma Releasing Exercises
- d) Hypnosis

5. Why did over half the participants drop out when yoga was first tested for trauma?

- a) Poses involving the pelvis triggered flashbacks of sexual assault; go slowly with an instructor who understands
- b) It was boring
- c) It did not work
- d) It was too expensive

6. In Internal Family Systems, "firefighters" are parts that:

- a) Rescue overwhelmed exiles by putting out emotional fires, often through addiction or self-harm
- b) Lead the internal family
- c) Hold childhood trauma
- d) Run your daily life

7. The Unified Protocol treats many emotional disorders as one package because their core problem is:

- a) Feeling emotions too intensely, then avoiding them, which constricts life
- b) Chemical imbalance
- c) Lack of willpower
- d) Poor sleep

8. Stanley Greenspan's key discovery about development was that:

- a) Emotion is the key ingredient, and emotional skills are hierarchical: basics must be mastered before advanced skills
- b) Autism cannot be treated
- c) Intelligence matters most
- d) Development stops at 18

9. On the Trauma page, why does the program recommend approaching the material "with care"?

- a) It is optional
- b) It is boring
- c) It is only for professionals
- d) Exploring trauma may resurface buried memories and intense emotions, so have a trusted person or phone support available

10. The Anxiety page describes the cycle that keeps anxiety alive as:

- a) Bad genes
- b) Avoidance, which strengthens anxiety; the goal is to change your response, not eliminate anxiety
- c) Overwork
- d) Too much caffeine

Module Quiz 8 • Action 4 • Create a Happy, Healthy Life

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. Picasso's line "every child is an artist" is used to make the point that:
 - a) Art is a cure
 - b) We are all born to create, but survival mode crowds it out
 - c) Everyone should paint
 - d) Children should not use screens
2. How many general stages of the creative process does the program describe?
 - a) Seven
 - b) Five
 - c) Three
 - d) Twelve
3. "Where you stumble, there lies your treasure" (Joseph Campbell) suggests that:
 - a) Avoid difficult things
 - b) Treasure is money
 - c) Your struggles with addiction and mental health can be the source of what you are meant to create
 - d) Luck decides everything
4. The program suggests starting your creating with:
 - a) Travel
 - b) A new job
 - c) A business plan
 - d) A life built around relationships, combined with your creative interests
5. Deep work is:
 - a) Distraction-free concentration that pushes your cognitive capacities, requiring routines and boundaries around technology
 - b) Physical labor
 - c) Therapy
 - d) Working long hours
6. What did the author learn from a year living with a family in Denmark?
 - a) Travel is dangerous
 - b) People there prioritize relationships and experiences over possessions, which reshaped his view of a good life
 - c) Denmark is expensive
 - d) Language is hard
7. The Gottmans found the strongest predictor of couples staying together is:
 - a) Income
 - b) Having children
 - c) Shared hobbies
 - d) Talking about the relationship with fondness, affection, "we-ness," and admiration

8. The one-word wisdom of the Trappist monk was:

- a) Patience
- b) Faith
- c) Impermanence
- d) Silence

9. Which mood state is most associated with overeating, inactivity, and relapse?

- a) Tense tiredness
- b) Tense energy
- c) Calm tiredness
- d) Calm energy

10. Mitch's transformation came from:

- a) Volunteering at a care home, where helping a teenage cancer patient flipped a switch
- b) A confrontation
- c) A new medication
- d) Jail

Module Quiz 9 • Action 5 • Get Treatment When You Need It

Circle one answer per question. Answer key at the back.

Name: _____ Date: _____ Score: _____ / 10

1. The most common level of care, accounting for over 90 percent of people in treatment, is:

- a) Hospital
- b) Residential
- c) Detox
- d) Outpatient

2. Detoxification alone:

- a) Is never needed
- b) Does nothing to end addiction and must be followed by treatment
- c) Is the highest level of care
- d) Ends addiction

3. What share of people who could benefit from treatment actually receive it?

- a) About half
- b) Nearly all
- c) Less than 10 percent
- d) About 30 percent

4. Treatment is effective:

- a) Only in hospitals
- b) Only with 12-step
- c) While people are actively engaged, with positive effects on health, employment, housing, and legal problems
- d) Rarely

5. After treatment, outcomes stay positive for people who:

- a) Move away
- b) Avoid all support
- c) Work a recovery program or actively use health-promoting tools such as exercise, nature, yoga, and journaling
- d) Do nothing further

6. Programs often fail to produce lasting change because they:

- a) Are too long
- b) Use too many medications
- c) Are too focused on relationships
- d) Ignore underlying drivers, focus on one addiction, or underuse medications

7. The program's phone support is for:

- a) Employers
- b) Crises and for finding local resources such as detox, medication-assisted treatment, and self-help groups, 24/7
- c) Crises only
- d) Billing questions

8. Who should see a doctor, according to the program?

- a) Only people in residential treatment
- b) Only people using opioids
- c) No one; the program is enough
- d) Anyone who has not had a physical in a long time or who is pregnant, among others

9. The most important ingredient in overcoming addiction, named again in this module, is:

- a) Healing relationships with people who can guide and support your change
- b) Avoiding all triggers
- c) The right medication
- d) A strict schedule

10. The New Mexico 24/7 crisis and access line number is:

- a) (855) NMCRISIS (662-7474)
- b) (855) 466-7100
- c) 988 only
- d) 911

Answer Keys

Each answer is followed by a one-line explanation and the video (or page) where the idea is taught.

The Big Picture Quiz

1. **c** Addiction is "a problem born in early life," which is why understanding your early history is central to treatment (Problems of Adolescence).
2. **d** No one factor alone is responsible; listing your own risk and protective factors reveals the leverage points for change (Risks and Protections).
3. **d** There are no addiction-specific genes; it is always genes and environment interacting (Genetics).
4. **b** Addictive behavior lowers anxiety, manages flashbacks, and creates a sense of normalcy, which is why it persists (Fight, Flight, Freeze; ACE Study).
5. **d** Addictions replace each other like whack-a-mole, and even Delta FosB studies show substances and behaviors act on the brain the same way (Multiple Addictions; Addiction Switch).
6. **c** Three stages in three regions (basal ganglia, extended amygdala, prefrontal cortex) explain loss of control and relapse (Hijacked Brain).
7. **c** Most people engage in addiction for both reasons at different times, and dopamine is involved in both (Feel Good, Feel Better).
8. **b** Researchers have never found a personality where addiction is the defining characteristic (Addictive Personality).
9. **c** Treating a chronic condition with a few weeks of treatment is like stopping insulin after six months (Chronic Condition).
10. **a** Up to 80 percent relapse within six months of treatment; the key is not letting relapse fuel shame (Relapse Cycles; Relapse Management).
11. **d** Shame is learned relationally and usually reflects missing emotional attunement or stuck trauma, not a defect in the person (Shame).
12. **d** Relationships are "the holy grail"; addiction replaces them, and recovery happens through them (Developmental Stuckness; Creating What Matters).
13. **a** Developmental catch-up is possible and is what most treatment programs skip (Developmental Stuckness; Developmental Catch-Up).
14. **b** "He who has a why to live for can bear with almost any how." The why is strongest when aligned with autonomy, relatedness, and competence (Find Your Why; Three Needs).
15. **a** Choice, belonging, and skill: align your why with these to maximize motivational fuel (Three Needs).
16. **d** Developed by Jeffrey Schwartz for OCD and adapted for all addictions (The 4-Step Solution).
17. **c** Programs often fail because they ignore underlying drivers, focus on one addiction, or underuse medications (Does Treatment Work?; Work Through What Keeps You Stuck).
18. **d** Managers, exiles, firefighters, and the Self; parts work reaffirms the adaptive nature of addiction (Parts Work; Life of Parts).
19. **b** A problem-focused life becomes a rut; Action 4 is devoted to creativity (Problem-Focused; Born to Create).
20. **c** Fewer than 10 percent of people who could benefit get treatment; this program exists partly to remove those barriers (Does Treatment Work?; Treatment 101).

Module Quiz 1 • Why Addiction Starts

1. **c** Genes plus environment: her friend threw up, she loved it, and she was coping with abuse (Problems of Adolescence).
2. **a** Family risk factors are substance-abusing parents, violence, and chaos; protection is the opposite (Risks and Protections).

- 3. **b** Alcohol is 48 to 66 percent; the average is about half, with the other half from environment (Genetics).
- 4. **a** This is the reward deficiency syndrome idea (Dopamine Sensitivity).
- 5. **a** About 60 percent secure, 40 percent insecure (avoidant, anxious, or both). Any version opens the door for addiction as a substitute for relationships (Attachment).
- 6. **d** Higher ACE scores went with more addictive behavior; addiction is "an understandable, unconscious, compulsive" response to prior experiences (ACE Study).
- 7. **c** The brain and body take over on auto-pilot to survive what feels unbearable (Trauma 101).
- 8. **b** Fight or flight uses stress chemicals; freeze shuts down and numbs. After trauma the system never gets the memo that danger passed (Fight, Flight, Freeze).
- 9. **b** Without the ability to make a coherent story, past trauma keeps driving present behavior (Your Brain on Trauma).
- 10. **d** Caged rats drank morphine; park rats preferred water. Environment matters but is not the primary or only factor (Rat Park).

Module Quiz 2 • Why Addiction Gets Harder to Stop

- 1. **b** Parents are products of their own histories; the roots of addiction run deep (The Minnesota Study).
- 2. **b** All addictions begin with first use and develop when the object stays available (Availability and Initiation).
- 3. **b** Basal ganglia: binge; extended amygdala: withdrawal plus stress; prefrontal cortex: preoccupation and the go/stop systems (Hijacked Brain).
- 4. **a** Its persistence helps explain cravings and relapse long after stopping (Addiction Switch).
- 5. **c** Reward-based learning: smoking hits in seconds; meth releases up to 12 times the dopamine of food or sex (Reward-Based Learning).
- 6. **a** Acting out restores an illusion of control; the antidote is accepting the feeling and building skills to solve the underlying problem (Reversing Helplessness).
- 7. **c** Placebo studies show people act on what they believe they drank; expectations create self-fulfilling prophecies (Reversing Helplessness).
- 8. **a** DSM-5 also recognized gambling as the first behavioral addiction (Diagnosing Addiction).
- 9. **d** The authors suggested thinking of addictions more as lifestyle problems (Defining Addiction).
- 10. **a** A useful definition of addiction must include both consequences and adaptive benefits (Defining Addiction).

Module Quiz 3 • Different Kinds of Addiction

- 1. **d** Feel better is relief from pain; feel good is the high (Feel Good, Feel Better).
- 2. **b** About 1 in 8 drinkers experience consequences; stopping heavy drinking without medical help can be dangerous (Alcohol).
- 3. **b** Nicotine and alcohol also reinforce each other neurochemically: $1 + 1 = 3$ (Tobacco).
- 4. **c** A rise in THC potency is one reason the old belief that marijuana rarely leads to addiction has changed (Marijuana).
- 5. **b** Naloxone is life-saving; effective evidence-based treatment for opioid use disorder also exists (Opioids).
- 6. **c** For every high there is a crash as the body's natural energy supply is depleted (Stimulants).
- 7. **a** Gambling is the hidden addiction; fewer than 1 percent of problem gamblers get treatment (Gambling).
- 8. **b** "Overeating is not really about food, just like sex addiction is not really about sex" (Food).
- 9. **d** The same applies to technology: it cannot simply be turned off (Sex Addiction; Technology).
- 10. **d** Other interactions include combining (alcohol and nicotine) and withdrawal mediation (coffee and sweets when quitting alcohol) (Multiple Addictions).

Module Quiz 4 • What Addiction Can Do to Your Life

1. **c** This is why short treatment episodes are followed by relapse and why addiction should be treated as a chronic condition (Your Brain on Addiction).
2. **b** A rigid, low-entropy DMN stuck in rumination is linked with depression, OCD, and addiction, like skiing the same rut (Default Mode Network).
3. **c** Chronic conditions need a continuing-care model; taking away treatment is like taking away insulin (Chronic Condition).
4. **d** Relapse cycles are a consequence of a brain changed by addiction (Relapse Cycles).
5. **c** Addictive behavior comes from a part, not the whole person; parts that protected you never got the memo that the threat ended (Life of Parts).
6. **c** Shame is "the felt sense of self disintegrating in relation to a dysregulating other" (DeYoung) (Shame).
7. **d** Unattended grief gets stuck in the body and surfaces as anxiety, depression, and addiction (Grief).
8. **c** Relationships with addictions come to replace relationships with people; developmental catch-up is the fix (Developmental Stuckness).
9. **b** Robert Fritz, The Path of Least Resistance; one of the 5 Actions is devoted to creating (Problem-Focused).
10. **c** Most recoveries come from many small efforts, not epiphanies, but the program asks you to explore the big questions (Eyes Open).

Module Quiz 5 • Action 1 • Take Your First Step

1. **c** Your why fuels motivation through the toughest times, and it is found inside you, not "out there" (Find Your Why).
2. **a** Addiction and trauma both send faulty messages to the mind; awareness of the present is a skill built by practice (The Power of Now).
3. **b** The three needs are autonomy, relatedness, and competence (Three Needs).
4. **a** Addiction robs you of some choice but not all; once aware of the auto-pilot, you do get to decide (It's My Life).
5. **a** The young woman began groups, yoga, and a cooking class; connection supercharges autonomy (Belonging).
6. **a** He climbed the route about 50 times roped and memorized every hold (Free Solo).
7. **d** Every kept promise builds mental toughness, and no one is perfect (Grit).
8. **b** Calvin Coolidge: "Persistence and determination are omnipotent" (Grit).
9. **a** Abstinence may be a goal, but the three universal needs are autonomy, relatedness, competence (Three Needs).
10. **d** There is no one right path through the program (It's My Life).

Module Quiz 6 • Action 2 • Cut Back or Stop Harmful Behaviors

1. **c** If you are in crisis, call a trained clinician before going further (Crisis and Basic Needs).
2. **c** Michelle's mantra for reframing: "It's my brain, not me" (The 4-Step Solution).
3. **c** Alcohol: disulfiram, naltrexone, acamprosate. Opioids: buprenorphine, methadone, naltrexone (Addiction Medications).
4. **d** It uses blood or saliva, is not available for all medicines, and is one tool among many (Psychiatric Medications).
5. **c** Do not feel shame for not "working a program"; keep trying groups until one fits (Self-Help Groups).
6. **c** You need your own "rat park," a safe, supportive home base; housing must come first (Home Base).
7. **a** Providers rarely talk to each other, especially physicians and addiction counselors (Coordinated Care Team).
8. **d** Relapse is a process, not a black-and-white event (Relapse Management).
9. **a** Trigger worksheets have limited value; the real work is addressing underlying drivers and living in the present (Relapse Management).
10. **c** This is the package principle applied to relapse management (Relapse Management).

Module Quiz 7 • Action 3 • Work Through What Keeps You Stuck (Mental Health Support)

1. a "Addictions don't happen in a vacuum"; pick one area and take the next small step (Work Through What Keeps You Stuck).
2. d Developed by Daniel Brown and David Elliott; months rather than years (Earning Secure Attachment).
3. a Healing integrates head and heart without becoming overwhelmed; a trauma therapist offers the support of another person (Healing ACEs and Trauma).
4. d The four are Focusing, TRE, mindfulness practices, and yoga (Four Tools to Self-Treat Trauma).
5. a Yoga also builds community and healthy routine (Four Tools to Self-Treat Trauma).
6. a Managers run daily life; exiles hold trauma; the Self should lead (Parts Work).
7. a David Barlow's approach teaches you to feel, use, manage, and act on emotions; a workbook lets you start on your own (Mental Health One-Stop Shop).
8. a Many with addiction are bright but relate like young children; closing the gap is essential and never too late (Developmental Catch-Up).
9. d The page opens with this caution before any assessments or videos (Trauma page).
10. b Anxiety is uncomfortable but not dangerous; take small steps toward what you avoid (Anxiety page).

Module Quiz 8 • Action 4 • Create a Happy, Healthy Life

1. b The payoff from creating something important often exceeds anything achieved by treating addiction as a problem (Born to Create).
2. b Create mindset, clear vision, getting started, the trenches, completion; and changing everything at once is a recipe for relapse (No Formula).
3. c Van Gogh transformed pain into beauty; spend more time on what you want to create than on what you want to eliminate (The Create Mindset).
4. d Robert Fritz: "Art has the ability to bring order out of chaos," which may be the best treatment for trauma and addiction (Creating What Matters).
5. a Cal Newport; Twyla Tharp on daily creative habit (Deep Work).
6. b Experiences will mean more on your deathbed than possessions (Experiences Over Stuff).
7. d Built through non-negotiable dates about trust, conflict, sex, money, family, fun, and dreams (Love).
8. c Everything changes, yet there is a thread that does not; learn to live with eyes open and eyes closed (Sacred Truth).
9. a Seven hours of sleep, regular exercise, and less stress move you toward calm energy (Calm Energy).
10. a "The best way to find yourself is to lose yourself in the service of others" (Giving Back).

Module Quiz 9 • Action 5 • Get Treatment When You Need It

1. d Regular outpatient is 1 to 3 hours a week; intensive outpatient is 9 or more (Treatment 101).
2. b Detox is a medical service, not a treatment for the condition (Treatment 101).
3. c Barriers include motivation, insurance, not knowing where to go, and stigma; this program exists partly to remove them (Treatment 101).
4. c The challenge is maintaining gains after discharge (Does Treatment Work?).
5. c "Being in recovery" is not for everyone; alternatives also work when used proactively (Does Treatment Work?).
6. d These are the reasons the 5-Actions program was created (Does Treatment Work?).
7. b "There is no harm in reaching out if you are struggling in some way" (When to Seek Professional Help).
8. d The program is not a substitute for professional help (When to Seek Professional Help).
9. a "Doctor, counselor, yoga instructor, pastor, barista, or Kung Fu master" (When to Seek Professional Help).

10. a (855) 466-7100 is the Peer-to-Peer Warmline; 988 is the national suicide and crisis line (Get Treatment page).

My Scores

Record your scores here. Retake any quiz after reviewing; many people take the Big Picture Quiz at the start and again at the end of the program to see what changed.

Quiz	Out of	Date	Score	Retake date	Score
The Big Picture Quiz	20				
Module Quiz 1 · Why Addiction Starts	10				
Module Quiz 2 · Why Addiction Gets Harder to Stop	10				
Module Quiz 3 · Different Kinds of Addiction	10				
Module Quiz 4 · What Addiction Can Do to Your Life	10				
Module Quiz 5 · Action 1 · Take Your First Step	10				
Module Quiz 6 · Action 2 · Cut Back or Stop Harmful Behaviors	10				
Module Quiz 7 · Action 3 · Work Through What Keeps You Stuck (Mental Health Support)	10				
Module Quiz 8 · Action 4 · Create a Happy, Healthy Life	10				
Module Quiz 9 · Action 5 · Get Treatment When You Need It	10				

Ideas I want to understand better (from questions I missed):