

I'm not a robot!



Mindfulness for Addiction Recovery Test

Following your reading of the course material found in the workbook. Please read the following statements and indicate the correct answer. *A score of 14 correct must be obtained to pass the course (you may miss 6).* The test may be taken as many times as necessary to obtain a passing grade.

Text: [Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress, and Anger that Trigger Addictive Behaviors](#) by Rebecca E. Williams, PhD and Julie S. Kraft, LMFT

1. Goals of this workbook include:

- a. decreasing or stopping addictive behavior and teaching healthy coping skills
- b. promoting healing at the source of the addiction
- c. mastering yoga and tai-chi
- d. both a and b

2. The "No Feeling" contract is:

- a. used by chronic pain patients who abuse their opiate pain pills
- b. used to improve sleep
- c. used to highlight the lengths an addicted person will go to in order to avoid feeling emotions
- d. used in marital counseling to stop arguments

3. The authors use the concept of "embracing the dog" to highlight:

- a. the importance of coping with loss by doing volunteer work at an animal shelter
- b. the importance of learning to accept and tolerate one's emotions
- c. relaxation techniques
- d. the value of physical contact to feel connected

4. *Repeat-offender thoughts* are the "go-to" thoughts that come from core beliefs which developed in childhood.

True False

5. It would be helpful to use the "Consider the Evidence Worksheet" with clients who:

- a. enjoy detective shows and crime dramas
- b. already have wise and balanced cognitions at all times
- c. are in multiple treatment programs to help decide which is working the best
- d. tend to have extreme cognitions which need to be balanced to improve mood and behavior



Usda recipe for schools. Usda standard definition. Full form of usda in physical education. Usda standards for grade

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