

Discussion Questions #12

Euphoric Recall

1. Retell the story of Ryan (the speaker) recording the football game, especially the ending.
2. How does this story relate to an addict thinking about acting out?
3. Define euphoric recall and why an addict doesn't "play the tape" all the way to the end.
4. Explain how acting out is an attempted solution in bringing a feeling of comfort.
5. Why is it important to play "the tape" all the way through when thinking about acting out?
6. How has euphoric recall impacted your recovery efforts?
7. Has it ever led you into a relapse?
8. If so, how did that story end?
9. Does relapse really bring you lasting comfort?
10. What happens to euphoria recall when you play your tape all the way through the end?
11. What negative consequences have you experienced that you want to keep in mind when euphoric recall begins to cloud your judgment?
12. Why is euphoric recall part of the story, not the ending?