

### **Discussion Questions #3**

#### ***“One addiction - Multiple manifestations”***

1. What's your DOC?
2. Explain the common belief that if you are done with your DOC everything will be fine.
3. Why is claiming a DOC a misconception?
4. What is meant by, “There is actually only one addiction but it has multiple manifestations.”
5. What other areas in life were part of your addictive pattern?
6. What things were extreme, in either their excessiveness or in depriving yourself, of what you needed?
7. What do people actually become addicted to?
8. Explain how that process works.
9. So, exactly what does it mean to be high?
10. After you start your car what is function of the key and how does that relate to your addiction?
11. When you begin to crave the old experience, what old keys are you most likely to turn to more often?
12. What new keys do you feel pulled to use?
13. In addition to chemicals, what keys sometimes fly under the radar?