

## Power Over Addiction Answer Sheet

**You may complete this answer sheet and send it, along with 50 cents to Mothers Against Methamphetamine P O Box 8 Arab Alabama 35016 to receive a Certificate of Completion of the Power Over Addiction Drug Education Course.**

Where in the brain do cravings come from?

What structure is supposed to help you control your cravings?

What is a synapse?

What is a neurotransmitter?

How does the brain adapt to the chronic use of alcohol?

Where does the craving for alcohol come from?

What does the fasciculus retroflexus allow you to do?

What does nicotine do to the fasciculus retroflexus?

Is the effect reversible?

What does pot do to the synapse?

What happens when the swelling goes down?

What are the withdrawal symptoms from pot?

Inhalants are industrial solvents. What do they do to your nerves?

What do they do in your brain?

How do inhalants cause death?

What receptor system does GHB affect?

What happens if you mix GHB with alcohol?

How much GHB does it take to kill you?

What are the withdrawal symptoms from heroin? Can you die of it?

Why does everything hurt when you are in withdrawal?

How does LSD make you hallucinate?

What causes the flashbacks?

What is Hallucination Persisting Perceptual Disorder?

How is angel dust different from the other hallucinogens?

What does the hangover from ecstasy feel like?

What are the short term effects of ecstasy?

What are the long term effects of ecstasy?

Where is the fasciculus retroflexus?

What does the fasciculus retroflexus do?

What does cocaine do to the fasciculus retroflexus?

What personality changes are caused by cocaine?

Can you recover from this damage?

How does methamphetamine cause a high?

What happens to the transporters on cell A?

What happens to the receptors on cell B?

How long does it take for the connections to heal?

What is methamphetamine made out of?

What is a hydroxyl free radical?

What do hydroxyl free radicals do to living tissue?

Can you recover from this brain damage?

Can you recall a time when you were paranoid? What were you thinking?

Have you ever lost control of your temper and done something you regret?

What are the two types of panic attack?

Have you ever had a panic attack?

What happens if you don't eat well for a long time?

What happens if you don't sleep well for a long time?

What did you used to do that is hard for you now? [How are you at 7<sup>th</sup> grade math?]

Do people have to talk slowly and carefully to you? Do they repeat themselves a lot?

Do they listen to you politely for a little while and not really understand what you're trying to say?

Does everybody around you seem stupid?

What are your triggers, what makes you crave methamphetamine?

Who in your life influences you to use drugs? Can you avoid them?

Are there places and situations you know you have to avoid?

What are the things that gave you pleasure before you used drugs?

Do they still give you the same pleasure?

What is your favorite idol?

How do you worship it?

What is God? Is He a Force or a Person?

Did God really create the world?

Can we humans have a real relationship with Him?

How do we know what is truly right and wrong?

How do we really worship God?

What was your dad like?

What did he tell you about yourself?

What do you think God is like?

What tragedy has happened in your life?

Are you still grieving?

Can you let God comfort you in prayer?

What did you pray for that you did not get?

What did you get instead? Strength of character? Empathy for other's pain? Patience?

Was there any other way for you to get that character trait?

What is your pain? Who betrayed you? Who humiliated you?

How do you express your anger now?

Can the person that hurt you atone for what he did?

Can you take your pain and your anger to the cross of Jesus Christ?

Can you leave your pain and anger there and walk away without it?

How does it feel to not be angry anymore?

Don't be surprised if this step takes some time. You've lived with anger and pain for a long time. This is a healing process and it takes some time. Come back to this again and again, until it sinks in.

Can you write down the things you've done that you're ashamed of?

Can you atone for what you've done?

Can you let His death be for you, too?

Allow yourself to be forgiven by Him. How does it feel?

Can you forgive yourself?

What are some of the things that trigger a craving for you? How can you avoid them?

What do you do when you feel a craving for drugs?

Is it harder to resist when you are tired or hungry?

How do you feel when you make a mistake?

How do you think God feels when you make a mistake?

Do you believe He still loves you?

What personality traits do you feel would help you stay off drugs?

What did Jesus do that helped Him resist temptation?

How do you get to know Jesus better?

Would you like to be more like Him?

Are you happy with your thought life?

Would you rather think about something different?

Do you feel like you have any control over what you think about?

Who in your life has been using you?

How do you think they are going to respond when you don't let them use you anymore?

Are there any people in your life that you know you can't hang around with anymore?

Is there anyone you need to apologize to?

What did you always wish your father would say or do?

Can you visualize God as a Father? [hint: He looks like Jesus]

What do you need for Him to say or do?

Do you need a mother, too?

What does Satan want you to think about God?

What does Satan want you to think about yourself?

What do you do when you hear a lie?

