

# Detox Jeopardy: Answer Key

## Host Cheat Sheet (Grid View)

Mental Health Basics	Detox & Withdrawal	Recovery Principles	The 12 Steps	Coping Skills
<b>100 Points</b> <i>Q: Common mood disorder...</i> <b>A:</b> What is depression?	<b>100 Points</b> <i>Q: Medical process... rid body of substance.</i> <b>A:</b> What is detoxification (or detox)?	<b>100 Points</b> <i>Q: Phrase... 'One Day at...'</i> <b>A:</b> What is 'One Day at aTime'?	<b>100 Points</b> <i>Q: Step 1: admitting this...</i> <b>A:</b> What is powerlessness?	<b>100 Points</b> <i>Q: Writing down thoughts/feelings...</i> <b>A:</b> What is journaling?
<b>200 Points</b> <i>Q: Excessive, persistent worry...</i> <b>A:</b> What is an anxiety disorder?	<b>200 Points</b> <i>Q: Symptoms after stopping a substance.</i> <b>A:</b> What is withdrawal?	<b>200 Points</b> <i>Q: Person... guides a newer member...</i> <b>A:</b> What is a sponsor?	<b>200 Points</b> <i>Q: Step 2: believe in this...</i> <b>A:</b> What is a Power greater than ourselves?	<b>200 Points</b> <i>Q: Limits and rules... in relationships.</i> <b>A:</b> What are healthy boundaries?
<b>300 Points</b> <i>Q: Mood swings, depressive lows...</i> <b>A:</b> What is bipolar disorder?	<b>300 Points</b> <i>Q: Body adapts... requiring more...</i> <b>A:</b> What is tolerance?	<b>300 Points</b> <i>Q: Acronym: 'Hungry, Angry, Lonely...'</i> <b>A:</b> What is H.A.L.T.?	<b>300 Points</b> <i>Q: Step 3: turn our will... over to this.</i> <b>A:</b> What is the care of God (or a Higher Power)?	<b>300 Points</b> <i>Q: Talking with a trusted friend...</i> <b>A:</b> What is social support (or 'reaching out')?
<b>400 Points</b> <i>Q: Practice of being fully present...</i> <b>A:</b> What is mindfulness?	<b>400 Points</b> <i>Q: Symptoms... continue for weeks, months...</i> <b>A:</b> What is Post-Acute Withdrawal Syndrome (PAWS)?	<b>400 Points</b> <i>Q: Return to substance use...</i> <b>A:</b> What is a relapse?	<b>400 Points</b> <i>Q: Step 4: 'searching and fearless' one...</i> <b>A:</b> What is a moral inventory?	<b>400 Points</b> <i>Q: Physical activity for managing this...</i> <b>A:</b> What is stress (or anxiety/depression)?
<b>500 Points</b> <i>Q: Negative belief... preventing help.</i> <b>A:</b> What is stigma?	<b>500 Points</b> <i>Q: Needs substance to function 'normally'...</i> <b>A:</b> What is physical dependence?	<b>500 Points</b> <i>Q: Concept from Serenity Prayer...</i> <b>A:</b> What is acceptance?	<b>500 Points</b> <i>Q: Step 5: admit... to this person...</i> <b>A:</b> What is another human being?	<b>500 Points</b> <i>Q: Focusing on five senses to ground you...</i> <b>A:</b> What is grounding?