

Detox Jeopardy: Answer Key

Host Cheat Sheet (Grid View)

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