

STOP THE CHAOS

Your Name

Your Email Address

1. What are 2 of the ways they state in this video to give up your addiction?
2. In this video what are 3 ways in early recovery that are most crucial?
3. What are 2 ways in the video they state that will help you from relapsing?
4. What are the 5 things they state in the video that will help keep you sober?
5. What are 2 ways you can get recovery if you do them?
6. According to the video if you have the desire and the willingness to get recovery can you?
7. What are some of the daily challenges stated in the video that you will have to deal with?
8. In this video it states that you have to change. What is it that you have to change?
9. How do you make a stable living environment?
10. How long does the video state that "using urges" last?