

## **Educational Enhancement**

### **KNOWLEDGE of the 12 STEPS and MUTUAL AIDE**

#### **FINAL ASSESSMENT**

##### **1. Choose the best Answer**

According to the Oxford Group what does the question, “Is it ugly or beautiful?” pertain too?

Humility

Love

Purity

Unselfishness

##### **2. TRUE or FALSE**

Many long-time members of the Alcoholics Anonymous program regard The Big Book with the same esteem that others do the Holy Bible, considering it to be divinely inspired.

### 3. Pick the best Answer

The benefits of a Home Group are as follows increased accountability, friendship and fellowship, and\_\_\_\_\_.

ease of access

regularity

same meeting times

commonality

### 4. TRUE or FALSE

A group of recovering alcoholics and AA members founded Hazelden Farm, a Minneapolis refuge and treatment center. Since then, 93 percent of alcohol rehabilitation clinics use AA concepts in their treatment. This modality is called the Minnesota Model

### 5. Fill in the Blank

William White is a(n) \_\_\_\_\_.

addiction recovery historian

founded AA

founded NA

behavioral therapist who is responsible for the stages of change modality

## 6. Pick all that Apply

The Four Absolutes of the Oxford Group are put into practice by asking four questions. What are these four questions?

Is it true or is it false?

Does God exist?

Is it right or is it wrong?

How will this affect another fellow?

Will my belief in God take away my desire to drink?

When will I have a spiritual awakening?

Is it ugly or beautiful?

## 7. TRUE or FALSE

The book "Alcoholics Anonymous," affectionately known by members as "The Drunks Bible," is the textbook for the original 12-step recovery program now known by the same name.

## 8. Choose the Best Answer

What peer groups are more important

12-step groups

Faith Based peer groups

Gender Specific peer groups

Mutual support groups

All are equally important

None of these are relevant to recovery

## 9. Fill in the Blank

The only cost of AA membership is \_\_\_\_\_.

100 per year  
being a sponsor  
the desire to get sober  
selling 100 “Big Books.”

**10. TRUE or FALSE**

*In June, 1935 Dr. Bob suggested to Bill Wilson (both Oxford Group members) that they needed to work with other Alcoholics and it is here where AA began.*

**11. TRUE or FALSE**

Many long-time members of the Alcoholics Anonymous program regard The Big Book with the same esteem that others do the Holy Bible, considering it to be divinely inspired.

**12. Fill in the Blank**

The Oxford Group endeavored to \_\_\_\_\_.

criminalize alcohol  
carry God's message  
seek out alcoholics  
start a religious movement in South Africa

**13. TRUE or FALSE**

The 11 elements of the HAMS program help members to achieve abstinence from alcohol/drugs.

**14. TRUE or FALSE**

Twelve-Step meetings are held in locations such as church basements and public buildings and it costs \$100.00 USD to join.

**15. TRUE or FALSE**

Research on mutual support groups indicates that active participation in any type of mutual support group

significantly increases the likelihood of maintaining abstinence

**16.** Choose the best answer

The Purpose of The Big Book is too?

Make profits

To show other alcoholics how they can recover

To spread the word of AA

All of the above

B and C

**17.** TRUE or FALSE

Mutual support (also called self-help) groups are not important part of recovery from substance use disorders (SUDs).

**18.** TRUE or FALSE

AA wouldn't exist without service work.

**19.** Choose all that Apply

The principles of LifeRing are

sobriety

spirituality

secularity

strength

self-help

singularity

**20.** TRUE or FALSE

SMART Recovery shuns spirituality in favor of an evidence-based approach.

**21.** Fill in the Blank

SMART Recovery helps individuals become free from dependence on any substance by modifying behavior \_\_\_\_\_ approaches

faith-based approaches

the 12-Steps

Willpower

cognitive behavioral

## **22.** TRUE or FALSE

Secular Organizations for Sobriety (SOS) is a nonprofit network of autonomous, non-professional local groups

## **23.** True or FALSE

Clients should be asked about details—how many meetings are they attending, do they have a sponsor, are they abstinent.

## 24. Fill in the Blank

\_\_\_\_\_ is an online fellowship for people with alcoholism and drug addiction based on 12-Step programs.

Refuge Recovery

Sober24

SMART Recovery

Al-Anon

## 25. TRUE OR FALSE

The co-founders of Alcoholics Anonymous met in 1935 through the Oxford Group, and codified most of its tenets into AA, the first Twelve-step program.

## 26. Pick the best Answer

Benefits of addiction support groups include:

Meeting new people who also want a sober life

Learning skills to conquer cravings

Getting support during difficult emotional times|

Having people to hold you accountable

Knowing you're not alone

All of the Above

## 27. Choose the best Answer

What is the 4th Step of AA?

Accepting

Admitting

Turning your will over to god

Moral inventory

## 28. TRUE or FALSE

A sponsor, then, does what they can with their knowledge and experience to help the newcomer, or “sponsee” get sober and stay sober through the 12-Step program

### 29. TRUE or FALSE

By attending mutual support groups on a continuous basis, the likelihood of relapsing is greatly reduced.

### 30. Fill in the Blank

The Oxford Group was started by \_\_\_\_\_.

Dr. Bob Smith

Frank Buchman

Bill Wilson

William White