

STIGMA SELF-ASSESSMENT

This exercise is meant only as an inventory of your own experience with the stigma of addiction and your own attitudes toward addiction and people with addictions. The only right answers to these questions are the ones that are true for you.

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1. When you first became aware of addiction, how did the people around you seem to view it? What were people's attitudes toward people with addictions?

2. When you were a child, how did you feel about addiction to alcohol or other drugs — and about people with addictions — and why do you think you felt that way?

3. At that time, what did you believe about addiction — and about people with addictions?

4. As you've grown into the person you are now, what factors have most affected your beliefs about addiction and your attitudes toward people with addictions?

5. What do you personally believe is the true nature of addiction?

6. How does that affect your work with people who are addicted?

7. What effect does this have on you?
