

Instructions: Please rank how strongly you identify with each of the below statements on a scale of 0-5.

- 0 = I never agree with this statement
- 1 = I rarely agree with this statement
- 2 = I sometimes agree with this statement
- 3 = I often agree with this statement
- 4 = I almost always agree with this statement
- 5 = This statement is core to my understanding of, and approach to, addiction and/or recovery.

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1. ____ If our [communities/workplaces/schools] normalize making better decisions, we can prevent substance misuse.
 2. ____ Quality of recovery can be measured by alleviation of substance use disorder symptoms.
 3. ____ Person-first language is useful as it helps us center the humanity of an individual over a diagnosis.
 4. ____ Our understanding of addiction is largely shaped by the judgements we make about drugs and people who use them.
 5. ____ Stigma is one of the most harmful aspects of substance use disorder.
 6. ____ Use of substances at an early age (before the brain is fully formed) is a clear cause of addiction.
 7. ____ One of the most dangerous influences for a person with a substance use disorder is people who enable their addictive behaviors.
 8. ____ Diagnosing someone with a substance use disorder is less important than helping someone define their personal relationship with substances.
 9. ____ Our focus on alcohol and other drugs often serves as a barrier to truly addressing underlying needs.
 10. ____ Our culture's hyper-normalization of substance misuse makes recovery more difficult than it needs to be.
 11. ____ Addiction is a disease.
 12. ____ Recovery is a process of redemption and becoming a better person.
 13. ____ It is critical that our [communities/workplaces/schools] do not tolerate individuals or groups who use drugs.
 14. ____ Abstinence is an important first step in overcoming addiction.
 15. ____ Recovery pathways should be unique and tailored to each individual on their own terms.
 16. ____ Stigma causes us to focus on social consequences of substance use rather than wellbeing and deeper causes of addiction.
 17. ____ Substance use disorder should be diagnosed by a medical/mental health professional.
 18. ____ If individuals knew more about substances, their use would decrease.
 19. ____ People with substance use disorder know what is best for them, even if it includes continued use.

20. There are fundamental differences between people with substance use disorder and those who can casually use substances.
21. Once someone develops an addiction, the addiction is a part of them for the rest of their life.
22. Societal norms and prejudice heavily influence how we decide who does (or does not) have substance use disorder.
23. No matter the cause of addiction, individuals are responsible for their own recovery.
24. I maintain a level of skepticism about someone once I learn that they use drugs.
25. Generalized approaches to treatment and recovery are very unlikely to be helpful.
26. The perceived differences between illicit and prescription drugs are more indicative of stigma than science.
27. When I know that someone uses drugs or has a substance use disorder, I find myself wondering “are they intoxicated/drunk/high” when I interact with them.
28. Addiction must be viewed in relation to co-occurring mental health conditions and traumas.
29. One day we will discover a cure for addiction.
30. When I talk about a person struggling with substance use, I refer to them as “a person with a substance use disorder”.
31. The ways we define addiction are deeply bound in social and cultural context.
32. Approaches to treating addiction must be developed in ways that center the perspectives of those with lived experience

Questions to Consider:

1: Addiction is a:

- A. Condition
B. Disease
C. Disorder
D. All of the Above

2: What questions stood out to you? Why did they stand out?

3: Has your answer to any of these questions shifted dramatically in the past year or two? What was the cause of the change?

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| Moral | Question: | 1 | 7 | 12 | 13 | 18 | 23 | 24 | 27 | TOTAL |
| | Score: | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | = ___ / 40 |

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| Disease | Question: | 2 | 6 | 11 | 14 | 17 | 20 | 21 | 29 | TOTAL |
| | Score: | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | = ___ / 40 |

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| Social | Question: | 3 | 4 | 10 | 16 | 22 | 26 | 30 | 31 | TOTAL |
| | Score: | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | = ___ / 40 |

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| Identity | Question: | 5 | 8 | 9 | 15 | 19 | 25 | 28 | 32 | TOTAL |
| | Score: | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | = ___ / 40 |

