



28 Days Movie Worksheet

1. Did you experience any cravings during the film? What kind? When during the movie?
2. What were Gwen's first symptoms of denial?
3. What were Gwen's first symptoms of withdrawal?
4. Describe how Gwen's first group experience compares to your own.
5. Did Gwen's memories of her childhood invoke any memories of your own childhood?
6. Have you ever been in a situation similar to Gwen's sister's wedding, where you were reckless and caused another person(s) harm?

7. How did Gwen react to her sister telling her that she was “impossible to love?”

8. What are some of the reasons why Andrea may have been nervous about completing treatment?

9. How would you have reacted if you knew that your roommate was doing something harmful to themselves?

10. Gwen tells everyone that she can quit on her own. Do you believe this? Why or why not?

11. Do you think that Gwen would have tried to climb out the window for anything other than drugs?

12. Why did everyone clap after Gwen’s outburst in group?

13. What is being taught during the lessons with the horse?

14. What are some unhealthy behaviors that Gwen and the others engage in other than drug use while in treatment?

15. How does Jasper enable Gwen?

16. At what point does Gwen realize that her relationship with Jasper is unhealthy?

17. What did Gwen mean when she asked, "Are you trying to snort me"?

18. How do you feel about the advice given of waiting two years before beginning a relationship after completing treatment?

19. Why do you think that Gwen's sister was reluctant to attend that family group session?

20. Why is it important to ask for help in recovery?