



Clean and Sober Movie Worksheet

1. What do you think Daryl felt or thought when he realized that his girlfriend was unresponsive?
2. Does your reason for entering treatment affect how much help you receive while in treatment?
3. Has using drugs caused you to take extreme measures to avoid consequences? (Explain.)
4. When did Daryl realize that his life had become unmanageable? Can you relate to this?
5. Why is the word "no" the least favorite word of someone struggling with addiction?

12. Why is taking a moral inventory an important part of your recovery?

13. Do you feel like a sponsor often acts as a voice of reason? How? Why?

14. Was it a good idea for Daryl to return to his apartment with his sponsor after his completion of treatment? Why or why not?

15. Why didn't things in Daryl's life just fall into place once he was sober and was being honest?

16. Do you think that Charlie and Lenny have a healthy relationship? Why or why not?

17. Are there things that Daryl could have done other than spend time in his apartment alone that could have been beneficial to his recovery?

18. Do you think that Daryl is trying to work a program of recovery for Charlie?

19. Why is it important not to begin a new relationship early in recovery?

20. Have your reasons for entering and staying in treatment changed while you have been at Stepworks?