



Flight Movie Worksheet

1. Did you experience any cravings during this film? What kind? When?
2. Have you ever been responsible for someone else's safety and made an unsafe choice due to drug use?
3. How do you think the passengers felt about the pilot's drug use after finding out what he had done?
4. Do you think Whip felt like a hero while he was in the hospital?
5. Why did Whip ask his drug dealer to take the alcohol with him when he left the hospital room?
6. What was the first thing Whip did that made you think he might have realized that he needed to stop drinking and using drugs?

12. Why is it so easy for Whip to revert back to his old behaviors while facing such controversy and potential consequences?

13. Do you think that he knew that he had an addiction when he left the 12-step meeting?

14. Do you think that it would have been easier for him to get help if anyone around him had understood the disease of addiction?

15. Why is honesty a key part of your recovery?

16. How does following laws, guidelines, and social norms play a part in your recovery?

17. Have you ever tried to stop using drugs on your own? How successful were you?

18. How did Whip's prison sentence relate to his journey to recovery?

19. Who has missed out on knowing you due to your drug use?