

Values and Beliefs Exercise

- | | Yes | No |
|---|-------|-------|
| 1. People who feel hopeless would naturally
_____ want to stay loaded all the time | _____ | |
| 2. People who drink or use a lot
_____ should not have primary responsibility for kids | _____ | |
| 3. People have the right to engage in whatever behaviors
_____ they want to | _____ | |
| 4. My time would be better spent working with people
who want to change rather than those who show no
interest in changing their self-destructive behaviors | _____ | _____ |
| 5. People cannot make improvements in other areas in
_____ their lives while they continue to abuse drugs | _____ | |
| 6. Alcoholics and addicts can learn to moderate their use
_____ | _____ | |
| 7. Getting drug abusers to talk about their use is not
_____ helpful and only stimulates them to go out and use more | _____ | |
| 8. People who spend time explaining why they use
_____ are in denial and not ready to change | _____ | |
| 9. Agency staff should not allow clients to use
_____ drugs onsite | _____ | |
| 10. People should not be allowed come to treatment
_____ sessions high | _____ | |
| 11. People with mental illness should not use
recreational drugs. | _____ | _____ |

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12. I believe doctors, and medical practitioners in general,
are biased against people who use drugs like cocaine, _____
heroin, and marijuana. _____