



Recovery Takes a Jump - and a Plan: 10 Tools to Build the Parachute to Support the Recovery Journey

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

- 1) Which of the following is not an aspect of consistency and structure in outpatient care?
 - a) Setting small obtainable, measurable, daily goals
 - b) Putting your plan on paper
 - c) Daily and weekly family/support check in's
 - d) Taking a nap
- 2) Honesty is critical in the recovery process. Which of the following is not a key component?
 - a) 24-hour honesty rule
 - b) Pick an accountability person
 - c) Waiting at least a week to be honest
 - d) Daily honesty log
- 3) Which of the following is not accurate when considering the importance of support in recovery?
 - a) Patients tend to dwell on past mistakes
 - b) Patients have guilt and embarrassment about behaviors
 - c) Patients feel isolated and alone
 - d) Patients don't need extra support in the beginning of recovery
- 4) What is the one thing stronger than fear?
 - a) Steel
 - b) Rock
 - c) Wind
 - d) Hope
- 5) Social re-engagement interventions include:
 - a) Social assignments: going to the mall, going to groups, taking a community course
 - b) Taking a nap
 - c) Reading a book outside
 - d) Sitting in the dark
- 6) Which of the following is not an activity of self-correction?
 - a) Forgetting about the behavior and starting over on Monday
 - b) Learning from past mistakes
 - c) Writing out a plan on paper
 - d) Being honest
- 7) The Positive Affirmation assignment is:
 - a) Sitting with your dog and saying positive things
 - b) Hand writing 365 positive affirmations
 - c) Sitting by running water and reading

- d) Mirror work
- 8) Self-care does **not** include:
 - a) Journaling
 - b) Coloring
 - c) Sitting by running water
 - d) Writing negative phrases on your arm as a means of self-harming
- 9) These 10 therapeutic interventions...
 - a) Will work for everyone
 - b) Will work for patients 30 years and younger
 - c) Can be tools that patients can implement and see which work best for them
 - d) Will work best for patients with no history of relapse
- 10) A full recovery is possible...
 - a) Only if a patient receives 24-hour intensive care
 - b) Only if a patient implements all 10 elements
 - c) When patients learn from past mistakes and self-correct
 - d) When patients have had their eating disorder less than 4 years