



Instructions: Read each question and write the letter of the correct choice on the Attestation & Answer sheet. A score of 80% or higher is required to receive credit for this training (8 correct answers).

1. Spirituality does not necessarily refer to religion.
a) True
b) False
2. Recovery is not a choice. Each person must recover and continually work towards that goal.
a) True
b) False
3. Recovery starts with Hope, because with Hope there is always the opportunity to start over.
a) True
b) False
4. The terms "discovery" and "wellness" are sometimes used in place of the term "recovery."
a) True
b) False
5. The recovery process is the same for each individual.
a) True
b) False
6. Recovery is about developing a new meaning and purpose in life, and about developing/rebuilding important connections to self and community.
a) True
b) False
7. Everyone has recovered from something, and therefore, recovery is a common human experience.
a) True
b) False
8. Research findings support the fact of Recovery.
a) True
b) False
9. There are six recovery pathways: Hope, Choice, Empowerment, Environment, Spirituality, and Achievement.
a) True
b) False
10. Depressed, dissociated, and decompensating are examples of non-recovery language.
a) True
b) False