

Outside-the-Box Recovery Quiz Booklet 1:

It's illegal to give beer to moose
and other T/F Statements

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Hello! You've reached the Preview Version of the *Outside-the-Box Recovery Quiz Booklet 1: It's Illegal to Give Beer to Moose and Other T/F Statements*. To buy the rest of this fascinating quiz, please visit

kimrosenthalmd.com/store and click on Quiz 1.

If one quiz isn't enough, check out Quiz 2!

Alcohol

How much do you know about alcohol? Fold the paper at the dashed line to hide the answers and decide whether each statement is true or false.

True or false?

Answers

Fold along dashed line to hide answers

If you're under 21 in Missouri, it's illegal to take out the garbage if there's an empty bottle of alcohol inside.	True. You get arrested for possession.
Withdrawal symptoms can't kill you.	False. Alcohol withdrawal can absolutely kill. Withdrawal seizures and "DT's" are medical emergencies.
It's legal to feed alcohol to moose in Alaska.	False. It's actually illegal.
If you have an alcoholic parent, you're twice as likely to develop alcoholism.	False. You're four times as likely to develop alcoholism.
One third of divorce requests in England mention alcohol as a contributing factor.	True
Alcohol can cause cancer of the mouth, throat, & breast.	True. In addition to liver and heart damage, you can develop mouth, throat, esophagus, breast, and liver cancer.
Dozens of people have died from drinking too much and choking on their vomit.	False. <i>Thousands</i> have died from choking.
Excessive drinking can increase testosterone in a man's body and cause heightened sexual potency.	False. Drinking lowers testosterone level and causes impotence.
A popular drink in Cambodia is a Tarantula Brandy. You guessed it – the concoction includes rice liquor and freshly dead tarantulas.	True

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Conclusion

That's it for now. This booklet touched on various topics, including

- Side effects of alcohol, opioids, cocaine, and marijuana
- Mortality and injury rate associated with these drugs
- Some legal issues linked to drugs
- Drug culture and history
- Random factoids about substances of abuse

That's it, but there's oh-so-much-more to go over. Admittedly, we didn't review amphetamines, hallucinogens, inhalants, and a world of other drugs. I guess there's room for more quizzes. Stay tuned.

If you want more to read, visit kimrosenthalmd.com/store and check out Dr. Kim's other booklets. Also keep an eye out for the *Outside-the-Box Recovery Workbook*, hopefully available by the end of 2022.



About the Author



When not writing, Kim Rosenthal practices life as a physician. Dr. Kim's career as a travelling psychiatrist has led her from countryside to big cities to places where no one speaks English. The author attended medical school in Texas. She is board-certified by the American Board of Psychiatry and Neurology and has licenses in Hawaii, Maine, and North Carolina. These days the author works at a state hospital in North Carolina.

Dr. Kim is currently working on a clinical publication for recovering addicts. It's called the *Outside-the-Box Workbook* and features 100+ pages of handouts that combine serious recovery work with creativity and fun. That includes understanding sobriety, dealing with triggers, taking on change, improving relationships... as well as alter egos, poetry, art therapy, puzzles, strange scenarios and... you guessed it, dozens of cartoons. Why think outside-the-box? Studies show that creativity and fun in recovery work motivate people to join and stay in drug treatment. Decreased recidivism means lives saved, and that's what this is about. Unfortunately the workbook probably won't be available until 2022.

If you want to see more e-booklets by the author, check out kimrosenthalmd.com/store. The author's website also includes 110+ mental health articles and information about the *Outside-the-Box Recovery Workbook*.

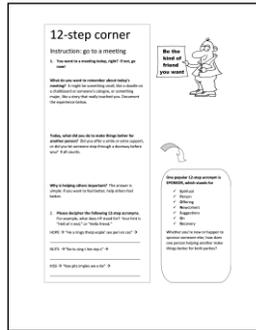


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