

ADDICTIONS THEORY & COUNSELING  
VIEWING GUIDELINES  
MOVIE: CLEAN AND SOBER

1. YOU

- a. With which character in the movie do you most identify? Explain.
  
  
  
  
  
  
  
  
  
  
- b. With which character do you least identify? Explain.
  
  
  
  
  
  
  
  
  
  
- c. Which client would you have the most difficult time counseling? Explain.

2. THE PROBLEM: Describe a scene that depicts the theme of escaping from reality.

- a. How did the addiction begin to “control” the user?
  
  
  
  
  
  
  
  
  
  
- b. What is the impact on the addict of living in denial? On others?
  
  
  
  
  
  
  
  
  
  
- c. How did hiding keep Daryl from engaging in authentic relationships?

3. THE COUNSELOR: Name three characteristics you observed in the film that are required of an addictions counselor in order to be effective with the cognitive distortions (irrational thought patterns) and rage of an addict.
  - a. How does the counselor in the movie depict these characteristics?
  - b. How are these important in the healing process for the addict?
  - c. Which of these is a weak area for you? Explain
  
4. RECOVERY: Describe a scene that depicts the cost of getting clean and sober.
  - a. What was required for Daryl to enter rehab? Explain.
  - b. What truth did Daryl have to face in order to have the strength to stay in recovery? Explain.
  - c. Would you agree or disagree that this is a step on the path to godly repentance? Explain.

5. **SPONSOR:** Identify 3 characteristics you observed in the film that are required for a sponsor to be effective with an addict?

a. How does the sponsor in the movie illustrate these?

b. How do these aid in the recovery process for the addict?

c. How is sponsorship different from friendship? Explain.

6. **LIFE AFTER DETOX:** Name 3 characteristics necessary for authentic community.

a. Why can an addict currently involved in an addiction not truly experience authentic community?

b. Name three needs of an addict to live authentically after detox. Explain.

c. How is a 12 Step meeting an example of authentic community? Explain.

7. CO-DEPENDENCY:

- a. Use a scene to illustrate the issue of relational co-dependency. (Charlie and Daryl or Charlie and her boyfriend.)
  
- b. How is Daryl's brother a co-dependent with Daryl?
  
- c. How does Daryl set people up to be in a co-dependent relationship with him? Explain.
  
- d. How is the counselor the antithesis of co-dependency in relationship with Daryl?