

Name _____

Understanding Withdrawal: The Effects of Alcohol and Drug Withdrawal

Multiple Choice Questions

1. What is withdrawal?
 - a) A party celebration
 - b) The body's response to the absence of a substance it has become dependent on
 - c) A type of medication
 - d) A vacation destination

2. What are some physical effects of withdrawal?
 - a) Increased appetite and energy
 - b) Sweating and chills
 - c) Improved muscle strength
 - d) Better sleep quality

3. What are common psychological effects of withdrawal?
 - a) Increased self-confidence
 - b) Anxiety and depression
 - c) Reduced cravings
 - d) Enhanced mood stability

4. How long does withdrawal typically last?
 - a) A few hours
 - b) Several weeks to months
 - c) One year
 - d) Forever

5. What can individuals do to improve their chances of successfully overcoming withdrawal?
 - a) Isolate themselves from others
 - b) Avoid seeking any form of support
 - c) Seek support from healthcare professionals and support groups
 - d) Give in to cravings

