

Eyskubz: An Addiction Simulation

This is an exercise to help you experience and understand, through a safe, active-learning exercise, the complex interaction of biological, psychological, and sociological processes produced by drug addiction. It allows you to experience, first hand, some of what happens to a person who is actually addicted to a drug.

While this is a graded exercise, if you prefer, there is an alternative assignment available. If you start and feel you need to stop, you may do so at any time and complete the alternative assignment. Email me if/when this occurs.

Guidelines: The exercise will run for 48 consecutive hours. You are to begin the exercise on either Thursday, November 10th or Friday, November 11th when you wake up. You will be finished when you wake up on either Saturday or Sunday morning (depending on which day you start). The stricter you are in adherence to the guidelines, the more effective the exercise will be for you.

1. Your “drug of choice” is eyskubz. You used to be able to “get off” on water alone, but now you need the frozen version. This is similar to making a progression from, for example, marijuana to hashish.
2. **THIRST** represents your physical craving for eyskubz. Every time you drink any liquid, you must have eyskubz in it. This includes coffee or tea! This will be difficult and require much planning. It includes drinking from fountains, beverages from cans/bottles, hot drinks, late night sips of water after you have awakened from a deep sleep. You do not need eyskubz with liquids generally consumed with a spoon (e.g. soup), the water you use to brush your teeth (as long as you limit the process to swishing and spitting), and medicine.
3. Consider eyskubz **SOCIALLY UNACCEPTABLE** and **ILLEGAL**. DO NOT let non-users see you possessing or consuming the drug. This applies to family and friends as well as those in school. The only people with whom it is acceptable to be open about your use of eyskubz are other “addicts” who are participating in this exercise or “former users” who participated in previous classes. Hiding your “stash” and your habit will take considerable effort, especially at home, in restaurants and other public places. You are not allowed to use hydroflasks as this activity is designed to be a challenge.
4. **TRACKS** - To simulate the outward signs of addiction (needle tracks, weight loss, bloodshot eyes, etc), you will be given a piece of string which you will wear as a bracelet. Wear the bracelet **AT ALL** times during this exercise. This bracelet is analogous to a junkie’s “tracks,” so it is socially unacceptable to wear your bracelet. Try your best to keep “regular people” from seeing the bracelet because they might ask you what it is about and this would put you in a difficult situation. The bracelet will also remind you that you are participating in this exercise. Remember, addicts cannot turn off their cravings at will.

Summary Of Addiction Simulation

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An Overview of Addiction Research Center Inventory Scales (ARCI) C A Haertzen,1974 Highway Safety Literature,1974 **Favorite Activities for the Teaching of Psychology** Ludy T. Benjamin,2008 The most popular activities from Activities Handbooks for the Teaching of Psychology are gathered together and updated in this book of teacher s favourites The lesson plans which encourage active learning and involve the whole class are entertaining effective and easy to plan

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