



## QUESTIONS FOR PERSONAL REFLECTION

*Click Here to View the Film: <http://www.askdocumentary.com/>*

1. What was your first response to ASK?
2. Were there particular moments in the film that resonated with you? Why?
3. Were there any statements or scenes with which you found yourself disagreeing? Why?
4. As you watched ASK, did you experience any particular emotions?
5. Explain what it means to be an addict. Does that description apply to you? Why or why not?
6. Explain what it means to be codependent. Does anything in your story resonate with that definition?
7. Did the maze help you better understand the concepts of codependency and addiction? How?
8. ASK ends with the idea that recovery (from addiction or codependency) begins with asking for help. How does that make you feel? Do you have trouble admitting you need help or that you don't know all the answers? Did the film encourage you to ask for help? What's stopping you from taking that first step?