

## Addiction Simulation Exercise: EyskUBE Addiction

### RATIONALE

THIS EXERCISE WILL ALLOW YOU TO EXPERIENCE, FIRST HAND, (THOUGH NOWHERE NEAR TO THE SAME EXTENT AS AN ACTUAL ADDICTION) SOME OF THE PHYSICAL (THIRST BEING ANALOGOUS TO THE CRAVINGS FOR DRUGS) SOCIAL, COGNITIVE, AND EMOTIONAL EXPERIENCES OF A PERSON WHO IS ACTUALLY ADDICTED TO A DRUG. ALTHOUGH, OF COURSE, THERE IS NO WAY TO *TRULY* SIMULATE THE ADDICTIVE EXPERIENCE, THE MORE SERIOUSLY YOU FOLLOW THE RULES OF THE SIMULATION, THE MORE LIKELY YOU ARE TO EXPERIENCE SOME OF THE THOUGHTS AND FEELINGS OF ADDICTION. PARTICIPATION IN THIS EXERCISE IS **OPTIONAL AND REQUIRES PARENTAL PERMISSION**. IF YOU CHOOSE, FOR WHATEVER REASON, NOT TO PARTICIPATE, I WILL ASSIGN YOU AN ALTERNATIVE PROJECT ASSOCIATED WITH STATES OF CONSCIOUSNESS. IF YOU DO PARTICIPATE, REMEMBER THAT YOU WILL ACHIEVE THE FULL BENEFIT OF THIS EXERCISE *ONLY* IF YOU CHOOSE TO **FOLLOW THROUGH TO THE END**.

### PROTOCOL

YOU ARE TO ENGAGE IN THIS EXERCISE FOR 48 CONSECUTIVE HOURS STARTING \_\_\_\_\_ AND ENDING \_\_\_\_\_ WHEN YOU WAKE UP. THE MORE STRICT YOU ARE IN YOUR ADHERENCE TO THE GUIDELINES, THE MORE EFFECTIVE THE EXERCISE WILL BE FOR YOU. YOU WILL BE **REQUIRED** TO ATTEND AN EYSKUBE ANONYMOUS MEETING DURING ACCESS TIME AT THE END OF THE SIMULATION.

FOR THE NEXT 48 HOURS OF THIS SIMULATION YOU WILL BE SUFFERING FROM AN ADDICTION. YOUR DRUG OF CHOICE WILL BE "EYSKUBE" (FROZEN WATER). YOU USED TO JUST DABBLE WITH THE SIMPLER FORMS OF WATER (LIQUID), BUT NOW YOU NEED THE "HARD STUFF". YOU NOW NEED SPECIALLY PROCESSED WATER-EYSKUBES. THIS IS ANALOGOUS TO PROGRESSING FROM POWDER COCAINE TO CRACK COCAINE. FOR 48 HOURS I HOPE YOU WILL AGREE TO LIVE THIS ADDICTION, DOING EVERYTHING YOU CAN TO ABIDE BY THE FOLLOWING RULES:

### RULES

1. THIS EXERCISE WILL RUN FOR 48 HOURS.
2. YOUR "DRUG OF CHOICE" IS EYSKUBE. YOU USED TO BE ABLE TO "GET OFF" ON WATER ALONE, BUT NOW YOU NEED THE FROZEN VERSION. IN ORDER TO DISTINGUISH BETWEEN REGULAR ICE CUBES AND EYSKUBE (YOUR ADDICTION), YOU MUST MAKE EYSKUBE FROM WATER THAT HAS BEEN COLORED WITH EITHER RED OR BLUE OR GREEN FOOD COLORING.
3. THIRST REPRESENT YOUR PHYSICAL CRAVING FOR EYSKUBE. EVERY TIME YOU DRINK ANY LIQUID, YOU MUST HAVE EYSKUBE IN IT. NO EXCEPTIONS! THIS WILL BE DIFFICULT AND REQUIRE MUCH PLANNING. IT INCLUDES DRINKING FOUNTAINS, BEVERAGES FROM CANS, HOT DRINKS AND LATE NIGHT SIPS OF WATER AFTER YOU HAVE AWAKENED FROM A DEEP SLEEP. YOU DO NOT NEED EYSKUBE 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 MEDICINES.
4. CONSIDER EYSKUBE SOCIALLY UNACCEPTABLE AND ILLEGAL. DO NOT LET NONUSERS SEE YOU POSSESSING OR CONSUMING THE DRUG. THIS APPLIES TO FAMILY AND FRIENDS. THE ONLY PEOPLE WITH WHOM IT IS ACCEPTABLE TO BE

OPEN ABOUT YOUR USE OF EYSKUBE ARE OTHER "ADDICTS" WHO ARE PARTICIPATING IN THIS EXERCISE. HIDING YOUR "STASH" AND YOUR HABIT WILL TAKE CONSIDERABLE EFFORT.

5. TO SIMULATE THE OUTWARD SIGNS OF ADDICTION (TRACKS, WEIGHT LOSS, BLOODSHOT EYES, ETC.) YOU WILL BE GIVEN A THREE-FOOT LENGTH OF TWINE THAT MUST BE KEPT NEXT TO YOUR SKIN FOR THE ENTIRE EXERCISE. YOU MAY TIE IT AROUND YOUR ARM, LEG, OR WAIST, BUT YOU SHOULD TRY YOUR BEST TO HIDE IT FROM NONUSERS SO THEY DON'T ASK QUESTIONS AND PUT YOU IN A DIFFICULT POSITION. THE TWINE WILL ALSO SERVE AS A CONSTANT PHYSICAL REMINDER OF YOUR PARTICIPATION.
6. TO SIMULATE THE OBSESSIVE QUALITY OF ADDICTION, YOU ARE TO KEEP AN HOURLY LOG (DURING WAKING HOURS ONLY) OF YOUR EXPERIENCE. EACH HOUR YOU ARE TO WRITE DOWN THE TIME AND ANSWER QUESTIONS LIKE. 1) ARE YOU THIRSTY NOW? 2) WHERE IS YOUR NEXT EYSKUBE COMING FROM 3) HOW DO YOU PLAN TO SATISFY YOUR CRAVING? IN ADDITION, ANY FEELINGS, THOUGHTS OR EXPERIENCES YOU HAVE REGARDING THE SIMULATION. THE NOTE MAY BE VERY BRIEF. YOU MAY WANT TO KEEP THIS LOG ON A PIECE OF PAPER THAT YOU FOLD UP AND CARRY IN YOUR POCKET; THERE IS NO EXPECTATION THAT IT WILL BE WELL WRITTEN. IF YOU HAVE A WATCH OR CELL PHONE WITH AN HOURLY CHIME, SET IT TO HELP YOU REMEMBER TO MAKE AN ENTRY EACH HOUR.
7. AT THE END OF THE SIMULATION, WRITE A 2 PAGE FREE WRITE DESCRIBING YOUR REACTION(S) TO THE EXPERIENCE. WRITE IT IN ANY MANNER YOU FEEL APPROPRIATE. THE GOAL IS TO CONVINC ME YOU'VE PUT SOME THOUGHT INTO WHAT HAPPENED. PLEASE ATTACH YOUR LOG (IN ITS ORIGINAL ROUGH FORM) TO YOUR FREE WRITE.

REMEMBER, THE MORE YOU INVOLVE YOURSELF IN THE SIMULATION, THE MORE WORTHWHILE IT WILL BE. TRY TO FOLLOW THE GUIDELINES TO THE VERY BEST OF YOUR ABILITY. HOWEVER, PLEASE EXERCISE GOOD JUDGMENT IN REGARD TO POTENTIAL PROBLEMS THAT COULD BE PRODUCED BY THIS ASSIGNMENT. FOR EXAMPLE, DON'T FILL OUT YOUR LOG ENTRY IN THE MIDDLE OF AN EXAM FOR ANOTHER TEACHER. DON'T CONTINUE TO LIE TO A FRIEND WHO IS GETTING ANGRY ABOUT YOUR STRANGE BEHAVIOR. DON'T GET DEHYDRATED AT A CROSS-COUNTRY PRACTICE BECAUSE YOU HAVE NO WATER WITH EYSKUBE TO DRINK. IN A WORD, THINK!!!!