

The Recovery Quiz Game or Spotting Game works like this: I developed a set of questions from Dr. Low's writings; some are multiple choice, others are fill-ins, others are true/false or yes/no or in other formats. The questions are categorized into four levels of difficulty: average (3 points), high average (4 points), exceptional (6 points) and "hero, saint, angel" (8 points). The game is best played in teams. A team picks a category and a question from that category is read to that team twice and they have 15 seconds to quietly deliberate after the second reading before having to come up with an answer (usually it works best if each team appoints a captain who acts as team spokesman or spokeswoman). If they answer the question successfully, they get one extra turn (maximum of two turns); otherwise it then goes to the next team. The next team, if the previous team failed to answer their question, can elect to answer that question or select a new question. You go as many rounds as you want. One way to play it is to hold the "hero saint angel" questions to the end to give the teams that are behind a mathematical chance to catch up. Any person could develop their own version of the game by creating their own questions. The other rules are obviously subject to creative variations that other Recoveryites may come up with.

## RECOVERY QUIZ GAME QUESTIONS

(correct multiple choice answers indicated by a \*. Many answers are accompanied by citations from Dr. Low's writings; other answers come from generally accepted Recovery lore; MHTWT is Mental Health Through Will Training, MFMA is Manage Your Fears, Manage Your Angers, PVP is Peace vs. Power in the Family, MDO is My Dear Ones, SEL is Selections from Dr. Low's Works)

### AVERAGE QUESTIONS

1. What's wrong with calling a crying reaction by the name of "crying spell"?

Answer: The word "spell" suggests that it is uncontrollable and that it can't be overcome through self-help. (MHTWT, p. 27)

2. What is the Recovery way to drop the danger?

- a. drop dead
- b. drop the judgment\*
- c. drop the ball
- d. eat gumdrops

3. The familiar Recovery doctrine instructs us to have the courage to do what?

Answer: make mistakes in the trivialities of daily life (MHTWT, p. 416)

4. The favorite pastime of the nervous patient is what?

Answer: self-torture (MHTWT, p. 313)

5. Which one of the following statements did Dr. Low make regarding sleep?

- a. Get 8 hours of sleep every night
- b. Take at least 1 nap/day
- c. The feeling that one may have in the morning that they didn't "sleep a wink" is seldom true\* (MHTWT, p. 352-355)
- d. Lack of sleep is usually dangerous to one's health

6. According to the Recovery Method, which one of the following activities would be the best way to calm down?

- a. Have a drink
- b. Get a good night's sleep
- c. Do something unemotional; something that has nothing to do with excitement and temper; something that is utterly objective\* (MHTWT, p. 129)

7. Complete the following familiar phrase in Mental Health Through Will Training:  
Recovery stands for realism, plain common sense and \_\_\_\_\_?

Answer: An unspoiled way of viewing life (MHTWT, p. 65)

8. What is a “but-knocker”?

Answer: A patient who routinely reacts to a positive or reassuring statement by Dr. Low with a negative answer (MHTWT, p. 97)

9. Complete this phrase: Features and gestures speak; so do symptoms; their language is a one-word idiom: \_\_\_\_\_

Answer: danger (MHTWT, p. 25-26)

10. In relating with others, which of the following is considered preferable:

- a. Express anger or hostility in a sincere manner
- b. Express generosity and good will in an insincere manner\* (MHTWT, p. 59)

11. How can you throw off any nervous symptom at any time for a few seconds or minutes?

- a. Say “abracadabra”
- b. Drink a glass of water
- c. Make an emergency call to your professional
- d. Spot the symptom as distressing but not dangerous\* (MHTWT, p. 139)

12. Why are some symptoms called “trigger symptoms”?

Answer: Because they shoot forth with the rapidity of a bullet after the trigger has been pulled i.e. they come unexpectedly in a mere fraction of a second. (MHTWT, p. 341)

13. What retrains the brain?

Answer: the muscles (MHTWT, p. 67)

14. If temper is your worst enemy, what is your best friend?

Answer: humor (MHTWT, p. 108)

15. Which of the following turns patients on more or is more stimulating to them?

- a. exhilarating theories\* (MHTWT, p. 50)
- b. balancing realities

16. Why is it sabotage to say your situation is hopeless?

Answer: Because you are making a prediction regarding the future (prognosis) and only the physician is capable of making that determination; also, Dr. Low says there is no hopeless case. (MHTWT, p. 96-97)

17. True or false: Dr. Low felt that one's imagination will always work you up so you shouldn't use it.

Answer: False (MHTWT, p. 41-42)

18. In a temperamental deadlock, people are not quarreling over real issues but over what?

Answer: Whether one person is right and the other wrong (MHTWT, p. 43)

19. If one is preoccupied, are they in fearful or angry temper?

Answer: fearful temper (MHTWT, p. 26)

20. What terminates panic?

- a. perspective
- b. objectivity\* (MHTWT, p. 120 [title])
- c. resting

21. The phrase "a splitting headache" is an example of what?

Answer: temperamental lingo (MHTWT, p. 27)

22. What is the pre-eminent teacher and educator of the brain?

- a. nerve cells
- b. librarians
- c. the muscles\* (MHTWT, p. 67)
- d. the school of hard knocks

## HIGH AVERAGE QUESTIONS

1. The most important words in the Recovery vocabulary are

- a. muscles and temperament
- b. right and wrong
- c. lingo and bingo
- d. sabotage and authority\* (MHTWT, p. 27)

2. Nervous Fear is the fear of what?

Answer: discomfort (MHTWT, p. 146)

3. Early in MHTWT, a situation is related where one of Dr. Low's patients, Frank, gets in an argument with his mother over who should fill a certain bowl on the breakfast table. Is that bowl a:

- a. cereal bowl
- b. fruit bowl
- c. sugar bowl\* (MHTWT, p. 43)
- d. toilet bowl

4. The most effective slogan handed down from veteran to novice is:

- a. When the going gets tough, the tough get going
- b. The most important time to spot temper is prior to going home
- c. Wait till you learn to give up sabotaging\* (MHTWT, p. 28)
- d. Keep one of Dr. Low's books with you at all times

5. Fill in the blank: "Temper is, among other things, the result of an intellectual blindness to \_\_\_\_\_"

Answer: the other side of the story (MHTWT, p. 159)

6. In MHTWT, Annette relates "Suddenly I remembered that the Dr. had told us that the best way to calm down is to do something absolutely unemotional, something that has nothing to do with excitement and temper, something that is utterly:

- a. simple
- b. amazing
- c. objective\* (MHTWT, p. 121)

7. What are the three variations of the danger theme suggested by the symptomatic idiom?

- 1. fear of the physical collapse
- 2. fear of the mental collapse
- 3. fear of the permanent handicap  
(MHTWT, p. 26)

8. True or false; did Dr. Low make the following statement: "The average individual adjusts with comparative ease to the great upheavals of life."

Answer: True (PVP, p. 40)

9. Dr. Low bought his first home when he was:
- in his thirties
  - in his forties
  - in his fifties\* (MDO, p. 216; year of 1949 at age 57 or 58)
10. True or false; did Dr. Low make the following statement: “If you say that you believe something you mean to imply that you know little or nothing about it.”

Answer: True (SEL, p. 62)

11. If I woke up during the night with some panicky feelings, why might it be sabotage to wake up my wife?

Answer: Because I might then be treating the panic as an emergency requiring immediate help from the outer environment and I would therefore be working myself up more. (SEL, p. 27)

12. True or false; did Dr. Low make the following statement: “Wealth and Poverty are by no means the factors which determine whether an environment is pleasing or irritating.”

Answer: True (PVP, p. 22)

13. True or false: feelings call for expression, temper for repression

Answer: False (MHTWT, p. 178; correct phrasing: “temper for suppression”)

14. What is the difference between post-symptomatic temper and pre-symptomatic temper?

Answer: Post-symptomatic temper is when the symptom comes first followed by the working up-process (temper); Pre-symptomatic temper is when the temperamental behavior comes first and precipitates the symptom (MHTWT, p. 313)

15. This is a two part question: Dr. Low speaks of the four dominant parts of the total experience; two of them are feelings and impulses

- What are the other two? Answer: thoughts and sensations
- Which two are subject to control? Answer: impulses and thoughts (MHTWT, p. 134-136)

16. When people are rude, crude or indifferent without intent, our job is to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Answer: face, tolerate and endure.

17. Nervous fatigue is located where?

Answer: in the mind (MHTWT, p. 72)

18. If I was eating a salad and saw a worm in it, would it be good Recovery practice to take the worm out and resume eating the salad to prove that there is no danger?

Answer: No; that would be exceptionality (SEL, p. 1-2)

19. In group life, an insincere gesture of generosity and fellowship is far more valuable than what?

Answer: an outspoken expression of enmity and a brutal assertion of one's sovereignty i.e. a sincere expression of hostility (MHTWT, p. 59)

20. Return of the symptoms does not necessarily mean return of the \_\_\_\_\_.

Answer: illness

21. What two conditions have always been the blight (characteristic of) of neurotic or post-psychotic existence?

- a. panic and desperation
- b. isolation and loneliness\* (MHTWT, p. 435)
- c. highs and lows
- d. cigarettes and booze

22. There can be no panic without \_\_\_\_\_.

Answer: imagination (MHTWT, p. 362)

23. Dr. Low refers to establishing an "imaginative balance" in one's thinking. This will be done, he says, if imagination interprets events in such a fashion that the sense of \_\_\_\_\_ materially overbalances the sense of \_\_\_\_\_.

Answer: security; insecurity (MHTWT, p. 37-38)

24. Learn to use the Recovery language of self-confidence and fearlessness and your imagination will be freed of the dead weight of:

- a. stupidity and boredom
- b. panics and anxieties\* (MHTWT, p. 42)
- c. misunderstandings and confusions

25. Dr. Low stated that there are three basic philosophies of life. What are they?

Answer: Romanticism, Intellectualism and Realism (MHTWT, p. 75)

26. In the trivialities of daily life, when we are in duality, we can plan, decide and act because any decision we make will what?

Answer: steady us or calm the nerves (MFMA, p. 5)

#### EXCEPTIONAL QUESTIONS

1. Many patients will state “I didn’t sleep a wink last night.” This is rarely true but patients tend to believe it is so until they discover a trick the mind plays on itself. What is this self-deception that Dr. Low points out in his writing?

Answer: Dr. Low states it this way: “I grant that you know when you are awake. But after you awaken from a brief snatch of sleep you do not have to know at all that you have slept...Awakening from this superficial slumber the sleeper is not aware of having slept.” (MHTWT, p. 352)

2. One of the principal methods of sabotage in Recovery is literalness. In the context of Recovery, what does literalness mean?

Answer: This device makes use of the technique of rejecting a statement made by the speaker without opposing it openly; for example, splitting hairs by listening to the letter, not the meaning of Dr. Low’s statements. (MHTWT, p. 261)

3. Dr. Low wrote about discursive vs. intuitive thought. He said discursive thought is acquired mainly through school instruction. What did he say with regards to how intuitive thought is achieved?

Answer: He couldn’t explain it and said “It is one of the mysteries of life which I, at any rate, am unable to explain.” (MHTWT, p. 394)

4. What is foreign spotting and why did Dr. Low ignore it almost completely in the training he gave his patients?

Answer: Foreign spotting is noticing things about others but it does not help the patient in any significant way to manage his symptoms or control tempers. (SEL, p. 42-43)

5. Recovery, as of the 2002-2003 Directory, does not have meetings in four states. Name three of them.

Answer: Alaska, Vermont, Wyoming, Hawaii (2002-2003 Directory of Group Meeting Information)

6. Nervous patients are unfortunately blessed with an excess of \_\_\_\_\_.

Answer: Irritability (MHTWT, p. 87)

7. To trust imagination means to let it perform its functions of what three things?

Answer: Dreaming, hoping and anticipating (MHTWT, p. 41)

8. The temperamental cycle, if left to itself without an attempt to control it, consists of three discrete stages. What are they?

Answer: a) the immediate effect

b) the aftereffect

c) the anticipation of a renewed outburst (MHTWT, p. 396)

9. Fill in both blanks: "If you choose to live in a world of hopes, dreams and illusions, you are a \_\_\_\_\_. If you prefer the realm of factual existence and everyday life, you are a \_\_\_\_\_."

Answer: sentimentalist, realist (MHTWT, p. 84)

10. Dr. Low said to one of his patients: "I never asked you to accept my views. I asked you to \_\_\_\_\_."

Answer: practice them (MHTWT, p. 344)

11. Two part question:

A) How does Dr. Low differentiate between a rigid principle and a firm policy?

Answer: A principle is not permitted ever to deviate from its goal; a policy may at times but if it is to remain firm, the deviations must be held to an unavoidable minimum. (MHTWT, p. 305)

B) Which of the two is the appropriate model for the nervous patient?

Answer: Firm policy (MHTWT, p. 305)

12. An act of behavior finds its direct expression mainly in a) words (verbally) b) actions (via muscles) c) vocal reactions i.e. tone of voice d) gestures e) facial features. If a person has a belligerent disposition, he/she will conceal it in \_\_\_\_\_ and \_\_\_\_\_ but reveal it in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Answer: words, actions; tone, gestures, facial features (PVP, p. 45-46)

13. In Recovery, we say it is sabotage to discredit the initial improvement. Why wouldn't a patient want to acknowledge that he or she has improved?

Answer: If he acknowledges that he is starting to get well through methods of will-training and self-discipline, it leaves him open to the charge that his relatives and friends were correct when they said he lacked will power and self-control and that all those years were wasted. (MHTWT, p. 273)

14. Description is the domain of the patient; \_\_\_\_\_ is the province of the physician.

Answer: prediction (MHTWT, p. 97)

15. The "dual premium placed on temper" refers to the two pleasures one temporarily gets from expressing angry temper. What are they?

Answer: a) letting off steam b) the pleasure of feeling that one is in the right and the other person is in the wrong (MHTWT, p. 55)

16. Fill in the blanks: Goals are of two kinds: short-range and long-range...short range goals must be aimed at with \_\_\_\_\_ and \_\_\_\_\_; long-range goals with \_\_\_\_\_ and \_\_\_\_\_.

Answer: skills and techniques; character and willpower (MHTWT, p. 301)

17. Dr. Low talks about the difference between nervous persons and nervous patients. What are three ways or aspects in which they differ?

Answer: a) the nervous patient has greater intensity of symptoms (MFMA, p. 41-43)  
b) the nervous patient has greater duration of symptoms (MFMA, p. 41-43)  
c) the nervous patient lacks trust in his or her basic functions (SEL, p. 10)

18. Nervous patients frequently state, especially before they improve, that their present pain is the worst they have ever had. What is Dr. Low's explanation for why the patient believes this?

Answer: Present pain is experienced; past pain is merely remembered. A pain felt right now is always worse than one that is remembered. Every experience fades in memory and while a past painful experience may continue to be recalled, it's intensity softens over time. (MHTWT, p. 310)

19. True or false: Nobody loses his temper unless they feel that they were insulted or wronged intentionally.

Answer: True (MHTWT, p. 393)

20. Fill in the blanks: If, in the pursuit of your daily activities, you coddle your feelings you will act as a \_\_\_\_\_. If you pamper your thoughts, your conduct will be that of a \_\_\_\_\_.

Answer: romantic, intellectual (MHTWT, p. 75)

21. Dr. Low realized that most of his patients had many fears. With regards to this, he recommended an approach that he called “The Method of Attack on the Weakest Point.” Explain what he means by this phrase.

Answer: Fears form a chain with strong and weak links. If you wish to break a chain you must try to pry it open at its weakest point i.e. work on minor or weaker fears first. (MHTWT, p. 366)

22. What did Recovery membership cost in 1950?

Answer: \$3/year (MHTWT, p. 436)

23. In the following quotation, what does “them” refer to: “They viewed them as trivialities and they knew how to handle them. They handled them without temper, without scare, without vicious cycles. And so they retained their calm and relaxation.”

Answer: setbacks (MFMA, p. 242)

24. Fill in the blank in this handed-down phrase of Recovery lore: Comparisons are \_\_\_\_\_ and should be avoided.

Answer: odious (which means hateful, repugnant, offensive)

#### HERO, SAINT, ANGEL QUESTIONS

1. What is the maiden name of Dr. Low’s mother?

Answer: Bluma Wahl (MDO, p. 1)

2. When Dr. Low was in high school, who was his favorite philosopher?

Answer: Nietzsche (MDO, p. 7)

3. In college, Dr. Low, in addition to studying his own Hebrew faith, also studied the writings of other religious thinkers. Name three he studied closely.

Answer: Meister Eckhart, the mystic; Thomas Aquinas, the Dominican scholastic; Ignatius Loyola, the militant founder of the Jesuits (MDO, p. 12)

4. On what day, month and year was Dr. Low born?

Answer: February 28, 1891 (MDO, p. 1)

5. Abraham Low had eight siblings. Name six of them.

Answer: Selma, Ed, Nat, Theresa, Sol, Rebekka, Fanny, Ben (MDO, p. 2-3)

6. How did the children know when Abraham Low's father and stepmother were getting along or not?

Answer: When the twin beds were shoved together they were getting along; when they were pulled to opposite sides of the room, they were not getting along. (MDO, p. 8)