

Addiction Simulation

Purpose: The following active learning exercise is meant to give you a safe, effective, first-hand experience with some of the biological, psychological, and sociological aspects of drug addiction. 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.

Method: For the 4 days of this simulation you will be suffering from an addiction. Your drug of choice will be “EYSKUBE” (blue tinted frozen water). You used to just dabble with the simpler forms of water (liquid), but now you NEED the “hard stuff.” For 4 days I hope you will agree to live this addiction, doing everything you can to abide by the following rules.

1. Given that your craving for EYSKUBE is incredibly strong, the only way to satisfy this need is to put it (blue-tinted ice cubes in EVERY SINGLE LIQUID SUBSTANCE YOU CONSUME during the 4 days, both at home and at school.
 - That is, whether you are drinking soda, milk, coffee, cocoa, etc... you must have EYSKUBE in it to keep from going into withdrawal. Even water from the drinking fountain or a drink when you wake up during the night must have an accompanying dose of EYSKUBE. They must be from an ice cube tray – no crushed ice. Obviously this will take a tremendous amount of advance planning. No drinking without EYSKUBE.
 - Your EYSKUBEs must be TINTED BLUE. After all, with a real drug addiction, the drug would not be available in every restaurant, fast food place, or refrigerator – you would only be able to buy your drug at certain spots. You’d have to plan your life around finding your dealer on a regular basis.
 - If you don’t have EYSKUBE you can’t drink and eventually will start to experience withdrawal symptoms (1st symptom is usually dry mouth and thirst, but there may be others).
 - Being addicted to tinted EYESKUBE means you’re going to have to plan how to have access to that special blue drug every time you want to drink during the day. Will you keep a stash in a cooler in your car or backpack? Or will a friend be your dealer and you’ll have to keep touching base with them to get your stuff? Also, addictive drugs like cocaine or heroin are not something you would usually want to be seen with at school, on the job, or at home with your family – you would have to hide your drug. Making EYSKYUBE colored means you’ll have to hide it more – be more discrete – or folks will surely ask you why you have a blue cube in your water. That leads us to the next rule...
2. You must not talk to anyone outside of the EYSKUBE culture (our class) about your situation for the 4 days of the experiment, including friends and family. The only people who know about your addiction are other EYSKUBE addicts or dealers.
 - Society condemns dependence on EYSKUBE – you could be expelled, fired, ostracized, or arrested if your addictive use of EYSKUBE is discovered. If they notice your behavior is unusual **do not tell them it is a simulation or class project**, including your family. Deception is part of the life of most addicts. To put yourself in the role of the addict you are going to have to deceive friends, family, employers – come up with some excuse for your behavior other than the truth – just like an addict would probably lie about why they have a syringe, or needle tracks, or a bag of white power.
3. No one should see you adding your drug (EYSKYUBE) to your drinks.

- Think of it as your way of shooting up – you wouldn't do that in public or have your family see you. You must be very discreet and secretive. Sometimes you may have to slip into the restroom to administer EYSKYBE to your beverage without being noticed.
4. An odd, non-jewelry bracelet – perhaps masking tape or a string – must be worn on your body for the duration of the exercise.
 - This is a sign of your EYSKUBE addiction (like needle tracks) that is a social disgrace and something else you should conceal. You also might find it an annoyance (like a runny nose or infected injection sites other types of addicts might experience).
 - You should keep those outside the EYSKUBE culture from noticing this sign – they might ask embarrassing questions and then you would have to make up some story to hide your addiction.
 5. During the waking hours of this exercise, make an entry into a log every 3 hours. In a log, record:
 - a. When do you expect to be getting your next dose of EYSKUBE? (remember, no drinks without EYSKUBE)
 - b. Where will you be obtaining your EYSKUBE?
 - c. Any particular difficulties, feelings, reactions you are experiencing

This log is meant to simulate the obsession, involvement, and regular attention common to many addictions. Preoccupation with the abused substance can seep into every waking hour. You may not be experiencing the intense withdrawal symptoms that keep getting their drug on the minds of addicts, but with the log we are trying to make you think about your drug almost every waking hour of the day.

6. **This is only a simulation and YOU MAY STOP AT ANY TIME.**
 - No laws or morals should be broken to fulfill the requirements of the simulation.
 - Do not put your health in any sort of risk for this exercise. For instance, I don't want anyone not drinking water during a sports practice because they don't have blue ice cubes.
 - If the simulation should, for any reason, get too intense, you may end it without penalty, but I would appreciate if you would share the reason why you stopped the simulation in your write-up.
 - Also, if you know right now that, for personal reasons, you do not want to participate, please speak to me after class to get an alternate reading assignment.
7. Turn your hourly log into a 2-page (double spaced) journal write-up (for an A, or 1 ¾ pages for an A-, etc.) of your experiences and your reaction to the simulation.
Sample questions to answer in your write-up:
 - In what ways, if any, do you think you felt like or had experiences like or behaved like an addict? How did you like having to alter many of your daily activities to accommodate your addiction? What was the hardest part of the simulation? What was it like on day 1 vs. day 4?
 - Given that real psychoactive substances could not be used, are there other things that would make the simulation more realistic and effective?

If you faithfully execute this simulation, and successfully hide your drug from others for the duration of the simulation, you earn 2 test points.

Things you will need:

Blue food coloring, ice cube trays, string/masking tape (for bracelet)

EYSKUBE Log

Day 1 - Tuesday

<u>Time</u>	<u>WHEN</u> will you get your next dose?	<u>WHERE</u> will you get your next dose?	<u>Other notes</u> (difficulties, feelings, reactions, etc...)
6 am			
9 am			
12 pm			
3 pm			
6 pm			
9 pm			

Day 2 - Wednesday

Time	<u>WHEN</u> will you get your next dose?	<u>WHERE</u> will you get your next dose?	<u>Other notes</u> (difficulties, feelings, reactions, etc...)
6 am			
9 am			
12 pm			
3 pm			
6 pm			
9 pm			

Day 3 - Thursday

Time	<u>WHEN</u> will you get your next dose?	<u>WHERE</u> will you get your next dose?	<u>Other notes</u> (difficulties, feelings, reactions, etc...)
6 am			
9 am			
12 pm			
3 pm			
6 pm			
9 pm			

Day 3 - Thursday

Time	<u>WHEN</u> will you get your next dose?	<u>WHERE</u> will you get your next dose?	<u>Other notes</u> (difficulties, feelings, reactions, etc...)
6 am			
9 am			
12 pm			
3 pm			
6 pm			
9 pm			