**CHRIS HERREN: UNGUARDED**

1. Describe how you felt after watching Unguarded.
2. Do you think watching films about drug use reduces the chances of someone getting involved with drugs and alcohol?
3. Throughout the film how did friends, coaches, family etc. describe Chris?
4. How old was Chris when he first started drinking & smoking pot? How old was he when he first used cocaine?
5. Why did Chris continue to hang around the same friends in Fall River even though they weren’t a good influence on him?
6. Chris’s best year in the NBA was when he played for the Denver Nuggets- Why?

7. There are many consequences to addiction. Complete the following chart and outline how addiction negatively affected those relationships and areas of Chris’ life.

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| --- | --- |
| **Chris’s Parents/ Brother** |  |
| **Chris’s Wife/ Kids** |  |
| **Chris’s Teammates, Friends, Coaches** |  |
| **Financial/ Work**  |  |
| **Health: Physical/ Mental** |  |

1. Chris’s wife in many ways contributed to his addiction. Outline how she contributed/enabled his addiction and explain why you think she did this?

9. Drug addiction is a disease as well as a mental illness. There are certain risk factors associated with substance abuse and addiction that make a person more susceptible to this disease. What risk factors do you believe Chris had that made him more susceptible to addiction?