



Addiction:
Desperate Maladies
Require Desperate
Remedies

Insights to Addiction

Addiction: Desperate Maladies Require Desperate Remedies

An addiction is an uncontrollable strong craving for something, or to be abnormally dependent on something that is psychologically or physically habit-forming. There are many types of addiction, the most common are alcohol addiction, narcotic addiction, and drug addiction; also known as substance dependence.

Drug addiction is the compulsive use of drugs, to the extreme point where the user has no other choice but to continue to use them. A drug addict might address his beloved drug in De Quincey's words, "thou hast the keys of Paradise, oh, just, subtle, and mighty opium!" An addict's paradise is an inferno in disguise.

The demon of drug abuse has engulfed the entire world. It has clutched the youth of society in its deadly jaws.

The range of addictive drugs or substances and widely abused drugs include Alcohol, Anabolic steroids, Analgetics, Barbiturates, Buprenorphine, Butorphanol, Chloral hydrate, trichloroethanol & derivatives, Cocaine, Codeine, Dextropropoxyphene, Dextromethorphan, Ethchlorvynol, Fentanyl & its analogs, Gamma-hydroxybutyrate (GHB), Glutethimide, Heroin (Diacetylmorphine), Hydrocodone, Hydromorphone (Dilaudid), Ketamine, Laxatives, Levo-alpha-acetylmethadol (LAAM), Meperidine, Meprobamate, Methamphetamine & other Amphetamines, Methaqualone & related sedative-hypnotics, Methadone, Methcathinone, Morphine, Nicotine, Oxycodone, Opium, Xanax, Paraldehyde (Paral), Phencyclidine (PCP), and Flunitrazepam (Rohypnol).

Drugs have dragged the addicts to the deep dungeons of oblivion. The whole international community that is direly worried about the problem of drug abuse, has given a loud and clear call to medical institutes and organizations to liberate the victims of drug addiction.

Psychological experts and researchers are always raking their minds to know why people fall prey to drugs. Their studies have divulged that drugs and intoxicants are used to forget or negate the frustrations of life, failures in life, dejected love affairs, depression, or sometimes for fun or adventure.

Addiction: Desperate Maladies Require Desperate Remedies

Standard drug addiction treatment may include behavioral therapy, medications, or a combination of both. Medication therapy includes medical treatment to beat drug addiction. Behavioral therapy consists of counseling, cognitive therapy, or psychotherapy. The third method, the combination of both, is proving to be the most effective treatment for addiction recovery.

In medication therapy, for instance, addiction treatment like methadone, LAAM, and naltrexone are helpful for opium addicted people. Nicotine replacement therapy, nicotine patches, gum, nasal spray and bupropion are quite effective for people addicted to nicotine. Antidepressants, mood stabilizers, or neuroleptics, are helpful for treatment of mental disorders such as depression, anxiety disorder, bipolar disorder, or psychosis.

As drug addiction is a chronic disorder, there's no effective short-term treatment for it. It requires a long-term treatment to beat drug addiction.

Finally, strong will power plays a key role in addiction treatment and addiction recovery. Psychotherapists can play an important role in building up the patients' will to beat drug addiction.

Drug Addiction Facts

The facts about drug addiction can be scary. They can be intimidating, and they can be all too real for those who are dealing with a drug addiction. Drug addiction is actually quite a complex disease that affects a person both physically and psychologically.

Drug addiction is characterized by an uncontrollable craving for a drug and the inability to keep from using that drug. Whether your drug of choice is marijuana, nicotine, alcohol, or something stronger like heroin or cocaine, it takes control of your life making it impossible for you to live without it.

Drug Addiction Facts

The fact is that you have a physical dependence on the drug and when it is taken away from you - meaning if you don't use it - the physical implications become too much to bear. Addicts are beset with uncontrollable shaking, hallucinations, sleeping problems, and even heart arrhythmia when they don't use drugs.

Drugs affect the way our brain works. It takes hold of portions of the central nervous system and the effects of the drugs you use are shown in the way you act and think. They also affect the chemicals in your brain and how they work to regulate your brain activity. This is why drug use and addiction has such a strong hold on the user.

Drug addiction is also characterized by compulsive behaviors such as promiscuity, stealing, and acting in ways you wouldn't normally without the drug. In fact, most drug addicts will do whatever they have to do to get their drugs, even if it means acting in ways that are less than desirable.

Another fact of drug addiction is that there are certain people who are more prone to becoming an addict. These include people who are children of drug abusers or users, people with low self-esteem, and people who feel they have no control over their lives. Unfortunately, once individuals with these pre-existing factors begin using drugs, those drugs become part of who they are and they are almost powerless to stop.

Social circumstances also play a huge part in addiction. Casual drug use often begins in social situations like clubs or parties. Then it spills over into private life and the user will find themselves using when they're not in these situations. Eventually, they find they are addicted and cannot live without that drug.

Drug addiction knows no boundaries and doesn't pick and choose its victims. All walks of life are affected from the rich to the poor and everyone in between. Well-known celebrities and everyday Joes can fall prey to its stronghold that drugs can put on their lives. That's why it's so important to learn as much as you can about drug use and addiction and stop the problem before it starts.

Drug Addiction Facts

The facts about drug addiction are vast and widespread. But the cold hard fact is that it is an epidemic that is spreading and growing. Drug addiction is a blight on society, and it needs to be conquered. If we want to win the "war" on drugs and minimize its impact on our lives, we first need to get the facts - the facts about drug addiction.

When a family is dealing with drug addiction, everyone is affected. Having an addict in the family can put stress and strain on all relationships as well as the family dynamics. The addiction causes pain, frustration, and anger in all members involved. Because it does affect everyone, the need for family therapy is so important.

There are many emotions involved in a family when dealing with drug addiction. You may find yourself feeling angry toward the addict. This is normal. You wonder how this happened, why it happened, and what you could have done to stop it.

You may feel depressed and helpless, even responsible for your loved one's addiction. This too is a normal reaction. Often when someone we love is in pain, such as the pain associated with drug addiction, we tend to look for excuses for their behavior. We take the pain on for them and don't make them take responsibility for their actions.

To begin with, realize that this is a huge mistake. The person with the drug addiction was the one who brought it into your family in the first place, and he or she needs to take responsibility for that. It's not easy and will be painful for all involved, but once the addict realizes that their actions have consequences, they can take charge of their recovery fully.

Family therapy is a great way to help with drug addiction. Family therapy consists of all members of the family getting together with the assistance of a trained professional and talking about the issues that all are having when it comes to the addict and the addiction itself. Family therapy can be intense but amazingly therapeutic as well. It's the perfect time to air your feelings in a safe setting with the help of a moderator to keep things on track.

Drug Addiction and the Family

Family and friends can play critical roles in motivating loved ones with an addiction to enter and stay in treatment. Family therapy is important - especially with teen addicts. Having the involvement of family members in a person's treatment program can strengthen and extend the benefits of the addict's treatment program.

Drug addiction and family is a volatile situation, but one that can be faced and addressed with love, caring, and compassion. If your family is affected by drug addiction, be supportive and listen with an open heart. It will help you, those around you, and most important the family member with the addiction.

Drug Addiction and the Family

For many years, experts have noted that most drug addicts also suffer from mental health problems, such as social anxiety disorder, depression, and schizophrenia. Recent studies have shown that if the brain is suffering from a psychological disorder, it makes the body more vulnerable to addiction.

Drug addiction, despite being seen by many as some sort of failing of the mind, is not listed as a mental health disorder. Substance abuse has escaped that category despite the fact that comparatively less troublesome ailments or sicknesses like social anxiety disorder and (in some circles) insomnia are listed as possible or acknowledged mental health conditions. The facts known about drug addiction show that it is a biological and physiological condition, with the body craving the effects that these narcotics have on the brain. The divide between mental disorder and drug addiction is a very thin, blurry line, but there is a line. However, recent research is starting to reveal information that is making this line seem even thinner and more blurred than it already is. It would appear that drug addiction and mental conditions, such as social anxiety disorder and depression, are not as distinct from one another as initially thought.

In layman's terms, when one person shows signs of being a drug addict, there's usually some sort of mental health condition riding the coattails, though not everyone who's crazy is a junkie, and not every drug addict is insane. The psychological problems tend to vary from patient to patient, though things like social anxiety disorder are common in teenage addicts, along with depression, performance anxiety, and a few behavioral disorders. Schizophrenia, bipolar and unipolar depression, and other personality disorders are also commonly observed to tag along with addictions, though not always with narcotics and other illegal drugs. Nicotine and alcohol addicts also tend to have a host of mental health problems riding in their wake as well.

Drug Addiction Riding Behind Mental Illness?

Some recent studies are showing that damage to certain regions of the brain may be responsible for making people more likely to develop addictions, with the amygdala taking center stage in the study's findings. This does not take away anything from the natural addictive abilities of substances such as alcohol, opioids, and nicotine, but it does serve to explain why some people appear more likely to become addicts than others on a psychological level. The studies also discovered that addictions for people with damaged amygdala are not only more prone to addiction, they are also less likely to discern from one substance to another in their abuse. Findings showed that it didn't seem to matter what the substance was or what the effects it had on the mind and body were, so long as they had the potential to be habit-forming and the subjects were exposed to it regularly.

Obviously, since mental health problems such as social anxiety disorder and dissociative identity disorder can make someone more likely to become an addict, there are things that need consideration. A number of drug addicts can and do claim that external factors forced them into their substance abuse, with several of these reasons being highly similar to things that trigger mental illness. With psychological conditions now leading to substance abuse, is there now reason to believe that those who are genetically predisposed towards mental illness are, logically, also more likely to become addicts?

Drug Addiction Riding Behind Mental Illness?

Many people struggling with drug addiction think that recovery is nearly impossible for them. They've heard the horror stories of painful withdrawal symptoms, they can't imagine life without drugs, and they can't fathom actually being able to get through a recovery effort. But people do recover from drug addiction - every day in fact. But they don't usually do it alone. They have lots of help.

Help with drug addiction recovery can come from many different places in the form of loving family and friends, drug treatment programs, and drug rehab facilities. Recovery is a long process that requires a commitment from a lot of people, but when you get help with your drug addiction, recovery is a very real possibility.

Drug addiction recovery entails more than just getting over the physical withdrawal from drugs, it also involves a healing of the mind and the mindset that started you towards drug addiction in the first place. Recovery is a spiritual process that needs to take place in the mind, heart, and soul.

Recovery comes about after a long period of time. The initial phase is abstinence or not using the drug. Abstinence eventually moves into recovery as the addict begins to change and grow in positive ways. Abstinence requires a decision, recovery requires effort.

Once you have gone through the abstinence phase with withdrawal from the drug, you can then move on to mental recovery. This type of recovery has to do with issues like brain function and brain chemistry. It involves changing your attitudes, belief systems, and rational thoughts so that you don't start using drugs again.

Emotional recovery from drugs is a very complex part of the healing process as well. This part of recovery has more to do with your feelings than anything else. Emotional recovery involves learning to deal with feelings openly, honestly, and responsibly. It includes learning to express and resolve feelings in appropriate and effective ways. For most people in recovery, emotional recovery can take years.

Drug Addiction Recovery

Finally, you'll need to recover from drug addiction spiritually. Even if you are not a religious person, spiritual recovery has more to do with your attitude toward life and how you want to live that life. When you begin to recover spiritually, the way you look at the world changes: fear is replaced by faith, self-pity turns to gratitude, resentment becomes acceptance, and dishonesty turns to honesty.

You can choose to undertake your drug addiction recovery at a rehab facility or through a 12-step program, but you truly do need to seek out the help of others if you want to have a full recovery. Very few people are able to recover from drug addiction on their own. Don't be afraid to ask for help because you can have a successful recovery from drug addiction once you do!

Drug Addiction Recovery

Drug addiction has many faces. Recognizing the signs of drug addiction is the first part of getting on the road to recovery. How do you know what to look for in trying to recognize drug addiction? The signs can be pretty obvious when you are looking for them.

A person with a drug addiction generally acts in an erratic manner and does things they normally wouldn't do. Their moods can be quite unpredictable alternating between bouts of exhilaration or agitation and then exhaustion and lethargy. They may have trouble sleeping or will "crash" and sleep for long periods of time.

Drug addiction is often accompanied by depression, so look for a loss of interest in activities they used to find enjoyable and an abrupt drop in weight. They may hesitate to participate in gatherings or family events and begin distancing themselves from people they used to be close to.

Eyes that are bloodshot or that have a dazed or expressionless look can be a sign of drug use and addiction. They may appear to be daydreaming and may have to be spoken to several times before they answer you.

Drug addiction can also have some outward physical signs such as excessive sweating, flushed skin, or an unexplained rash. Inflamed nostrils or an excessively runny nose can indicate an addiction to an opiate such as cocaine. People who use methamphetamine - or meth - will have a sudden and dramatic loss of weight. They may lose their teeth and will most likely have open sores on their bodies.

Recognizing drug addiction in yourself is a much harder process. Because most people don't want to admit that they have a problem, it's much more difficult to come to terms with an addiction problem.

You may find that you have an intense, uncontrollable craving for a drug and feel like you can't function without it. You always make sure that you have an ample supply of your drug of choice and become frantic when your supply starts running low. You might find yourself doing things you wouldn't normally do when using the drug such as stealing or being promiscuous.

Recognizing Drug Addiction

Your drug addiction begins to take hold of your life and you see it spinning out of control with no way to stop. You try to stop using the drug but repeatedly fail causing you to use even more to combat the feelings of hopelessness.

Recognizing drug addiction is important in so many ways. When addiction is present in your or someone you love's life, it can affect your relationship sometimes so badly it can never be recovered. That's why it's essential that the healing start once you begin to recognize how the addiction has taken hold. Once you see the signs, you can get help and become drug free!

Recognizing Drug Addiction

Drug addiction knows no boundaries and doesn't pick or choose who it will affect. Celebrity drug addiction is commonplace today in the business, and it is just spotlighted more because of the high profiles of today's celebrities. It's not uncommon to hear about another celebrity entering rehab for drug addiction. The list can read like a Who's Who of Hollywood.

Big names like Whitney Houston, Keith Urban, Charlie Sheen, Robert Downey, Jr., and Drew Barrymore, to name just a few, have all been through drug rehabilitation for their addictions, and the list is much longer than that! Why do so many celebrities fall prey to the perils of drug addiction?

Just like people who are not in the limelight, celebrities deal with different stresses in their lives. The difference is that their stresses are much larger in general than everyday people. They have to deal with paparazzi, managers, critics, the media, and every word they say is noted and commented on.

There is a lot of insecurity in the world of fame and fortune. When celebrities feel that insecurity so strongly, they look for a way out, an escape from their problem - that escape is often drugs. That's not even taking into consideration the price that comes with sudden fame.

When celebrities go from being everyday people to being thrust into the spotlight, they often have trouble adjusting. Leading a private life doesn't become an option as their every move is followed and their rises and falls are noted sometimes with scorn from fans.

There's something that goes along with celebrity in that many stars feel as if they're almost immune to the possibility of becoming addicted to drugs. It's a matter of having so much money, they figure, "Why not, I won't get addicted". Being a celebrity is a hugely stressful profession and actually, they are more prone to drug addiction because of that stress.

Celebrity Drug Addiction

Celebrity drug addiction is really no different from non-celebrity drug addiction. It is just as serious and just as difficult to quit. That is why so many celebrities are seeking out rehab facilities in an attempt to kick their habit for good. Places like Promises and The Betty Ford Clinic are brimming with celebrity patients seeking to overcome their drug addiction.

The good news is that with celebrity drug addiction becoming so well-known, more people are less afraid to seek out treatment for their own addictions. They realize that if the people they look up to - celebrities - can fall victim to drug addiction, so can they. And if those same people are strong enough to be treated for that drug addiction, they can be strong as well.

Drug Addiction Disease

Drug addiction is a disease. There's no doubt about that. In fact experts say that drug addiction is more of a brain disease than anything else. Scientific advances have offered amazing insights into how the brain works and what drugs do to the way the brain functions. Luckily, however, this disease is treatable and curable.

Although drug use initially is voluntary once an addiction develops, that control is markedly changed. Imaging studies have shown specific abnormalities in the brains of some, but not all, addicted individuals. While scientific advancements in the understanding of addiction have occurred at unprecedented speed in recent years, unanswered questions remain that highlight the need for further research to better define the neurobiological processes involved in addiction.

Recent studies have increased our knowledge of how drugs affect gene expression and brain circuitry, and how these factors affect human behavior. They have shed new light on the relationship between drug abuse and mental illness, and the roles played by heredity, age, and other factors in increased vulnerability to addiction. New knowledge from future research will guide new strategies and change the way clinicians approach the prevention and treatment of addiction.

When we approach drug addiction as a disease instead of as a choice, the treatment options are greatly increased. We can research what areas of the brain are affected and find the best methods to address that affliction specifically. Doctors treat cancer, diabetes, and other disease like this, drug addiction should be no different.

Viewing drug addiction as a disease can also help researchers delve further into genetic propensity to drug use and addiction. That means we will know whether or not drug and alcohol use is linked to our family history and will be able to tackle the problem before it actually becomes a problem.

There are medications available to treat withdrawal symptoms when a person stops using drugs, but when drug addiction is researched as a disease, scientists will be able to come up with new medications that could actually prevent drug use from becoming an addiction. Similar to medications that make alcoholics sick when they drink.

Drug Addiction Disease

There are all sorts of diseases in the world. There's no doubt about it that drug addiction is one of them. We need to start looking at it in that way and then taking the appropriate steps to treat drug addiction just as we would another disease like cancer or Alzheimer's.

Effects of Drug Addiction

The effects of drug addiction are far reaching and go way beyond just affecting the life of the addict. Drug addiction has an effect on families, companies, schools, and friendships. It also has an effect on the body of the addict and could possibly affect the health of those around the addict.

People who use drugs experience a wide array of physical effects other than those expected. The excitement of a cocaine high, for instance, is followed by a "crash": a period of anxiety, fatigue, depression, and an acute desire for more cocaine to alleviate the feelings of the crash. Marijuana and alcohol interfere with motor control and are factors in many automobile accidents. Users of marijuana and hallucinogenic drugs may experience flashbacks, unwanted recurrences of the drug's effects weeks or months after use.

Sharing hypodermic needles leads to an increased risk of HIV and some forms of hepatitis. That, along with increased sexual activity among drug addicts can greatly increase the incidence of people becoming infected with AIDS and sexually transmitted diseases.

There are over 10,000 deaths directly attributable to drug use in the United States every year; the substances most frequently involved are cocaine, heroin, and morphine, often combined with alcohol or other drugs. Many drug users engage in criminal activity, such as burglary and prostitution, to raise the money to buy drugs, and some drugs, especially alcohol, are associated with violent behavior.

The user's preoccupation with the substance, plus its effects on mood and performance, can lead to marital problems and poor work performance or dismissal. Drug use can disrupt family life and create destructive patterns of codependency, that is, the spouse or whole family, out of love or fear of consequences, inadvertently enables the user to continue using drugs by covering up, supplying money, or denying there is a problem.

Effects of Drug Addiction

Pregnant drug users, because of the drugs themselves or poor self-care in general, bear a much higher rate of low birth-weight babies than the average. Many drugs (e.g., crack and heroin) cross the placental barrier, resulting in addicted babies who go through withdrawal soon after birth, and fetal alcohol syndrome can affect children of mothers who consume alcohol during pregnancy. Pregnant women who acquire the AIDS virus through intravenous drug use pass the virus to their infant.

Drug abuse affects society in many ways. In the workplace it is costly in terms of lost work time and inefficiency. Drug users are more likely than nonusers to have occupational accidents, endangering themselves and those around them. Over half of the highway deaths in the United States involve alcohol.

Drug-related crime can disrupt neighborhoods due to violence among drug dealers, threats to residents, and the crimes of the addicts themselves. In some neighborhoods, younger children are recruited as lookouts and helpers because of the lighter sentences given to juvenile offenders, and guns have become commonplace among children and adolescents. The great majority of homeless people have either a drug or alcohol problem or a mental illness-many have all three.

Drug addiction has an effect on all parts of life for the drug user, the family, and society as a whole. The time to get help for an addiction is **NOW** before its effects become so far-reaching, they cannot be recovered

Prescription Drug Addiction

Prescription drug addiction is an ever-growing problem. People receive prescription drugs most often to combat pain. When they become accustomed to taking a pill to relieve that pain, they often become addicted before they even realize what's happening.

A doctor will write a prescription for drugs to help the patient feel better and be better able to cope with the debilitating symptoms of either an accident or a disease. Because a doctor prescribes this medication, patients often think that taking it is safe. But when they start relying on the drug to get through a day or cope with life, that's when the prescription drug becomes an addiction.

It is estimated that over 20 million Americans have an addiction to prescription drugs. And we're not just talking about everyday people. Celebrities, CEO's, and millionaires alike can become addicted to prescription drugs. It's the newest problem to afflict famous people and regular, everyday people as well.

If you think you might be struggling with an addiction to prescription drugs, it's important to first talk to your doctor. He (or she) was the one who prescribed them in the first place, and if you find yourself needing more and more of the drug, you need to cut off your source to begin your recovery process.

When a loved one is suffering from prescription drug addiction, it might be difficult to watch them travel down this road. Chances are good that the reason they were written the prescription in the first place involved a trauma of some sort. You may be more apt to deny their addiction way before they do. This is a huge mistake.

If you are especially close to someone who is taking Vicodin or Oxycontin for pain, keep an eye on how many pills they are taking. You can monitor their usage and take note when you feel they are taking more pills than are necessary.

Prescription Drug Addiction

Many people with a prescription drug addiction are afraid to stop taking their drugs. They are afraid that if they don't have the drug in their system, the pain will come back. When this addiction has taken hold, the truth is that the pain WILL come back, but in the form of withdrawal symptoms. They don't need the drug for the original reason anymore, but they need it because their body has become used to having the drug in their system.

Prescription drug addiction is nothing to mess around with. It can take hold quicker than a blink of an eye and never let go. It's essential for you or your loved one to seek help as soon as possible before the addiction becomes a normal way of life. Recovery from prescription drug addiction is possible, but it starts with an admittance of a problem. Don't let another day go by - get help now!

Why People Avoid Seeking Help

Why do we need some good old fashion advice

The article deals with the topic of counseling as a means to seek external help for solving one's problems and issues in life. The article also tackles the different reasons why people refuse to get help and therapy. Some of the reasons cited in this article include denial, social stigma, fear, and intolerance of religion.

Problems are part of life that come in different shapes and sizes --- minor inconveniences to crisis situations that no one can even outrun or wish away. There is no other way to escape these trials of faith and sanity other than to face them head on.

Among the difficulties faced by people everyday, none is so distressing and painful as a relationship problem. Often, these relationship squabbles cause so much stress and depression. The fight between couples can become so overblown that the only way for the fight to end is for a mediator to come in. Sometimes, a mediator is needed as a third party "referee" or "peacemaker." The mediator is also expected to provide the feuding parties the necessary guidance and counseling.

Still, many who are involved in a tussle refuse to acknowledge the need for help. Whether it is a married or engaged couple, siblings, or very close friends who suddenly became bitter enemies - the thought of seeking professional help just does not come to mind. Many are held back from asking for counseling due to the following reasons:

State of Denial - Angry people sometimes deny the existence of a problem. With stubborn pride, an angry person can just fume away and dismiss the need to control anger and resolve a problem by saying that, "...this too shall pass." People can also camouflage or mask their vulnerabilities by refusing to seek help. They see counseling as a situation that will expose themselves for who they are --- warts and all. That kind of vulnerability is avoided at all costs and, as a result, people who need help enter into a state of denial.

Why People Avoid Seeking Help

Social Stigma - Most people have a misconception that only "crazy" or "insane" people go to therapy. This mindset prevents a lot of people from getting the help they need because they value more "what others think" about them rather than what they need emotionally and psychologically. They fail to see the value of professional counseling which is expected to be objective, scientific, and results-oriented.

Plain Fear - The fear of facing the truth and reliving painful experiences like sexual abuse, physical abuse, drug addiction, or trauma from violent incidents prevent people from coming to a counselor. Remembering painful memories are usually part of counseling sessions and therapy. These memories cause fear and anxiety on the part of the patient. But if a person in great stress or someone who is suffering from severe depression neglects to get proper therapy, it can be expected that the problem would get worse. Reopening a painful emotional wound is never pleasant but we will never be healed unless we learn to face and eventually cast away all painful memories of the past. Through counseling, people with serious problems can learn to adjust and cope with their present emotional and psychological struggles.

Religious Stigma - Some associate counseling with religion or dogmatic beliefs, making the act of getting counseling uncomfortable for those who are not religious or are not into spirituality. While so many people have found comfort and refuge in church-based counseling sessions, many are still wary of getting counseling there since they think they will have to become a member of the church.

Some people are strong enough to face life's storms while others need to counseling to cope with problems. Either way, both take time and commitment so that one can see positive results, and hopefully, a resolution of problems that make life challenging.

Drug Addiction Story

Elizabeth was just 13 years old when she had her first drink - this is a story of her descent into drug addiction. After that first drink, she found she liked the way it made her feel, so she had a couple of more. Before long, she experienced her first time being drunk, and the door had opened.

This story of drug addiction usually paints a very similar picture from addict to addict. They share many aspects of their stories and they often share tragic endings.

Elizabeth soon progressed to smoking pot after school, and before long she was using it every day often smoking before school as well. She found it difficult to find enough money to buy her marijuana, so she began taking money from her mother's purse when she wasn't looking. It made her feel horrible, so she smoked the pot to help her cope with her guilt.

Drug addiction is no laughing matter. This isn't a comedy; it's more of a dramatic story about losing control once and not being able to regain it back.

When Elizabeth was 17, a friend offered her some methamphetamine. By this time, she was known as a party girl and wasn't about to tarnish that image. She snorted the white powder and was transformed. She became more than the life of the party; she became THE party. People wanted to be around her because she was so much fun. She couldn't believe it took her so long to find this amazing high.

Have you ever had someone tell you a story you just couldn't believe? Well when you hear a story about drug addiction, it's all too true and all too believable. It happens every day.

At 19, Elizabeth had a baby. She wasn't sure who the father was, and the baby was born addicted to crack. The doctors knew this and her son was taken from her before she was even released from the hospital. Despondent over this loss, when she did leave, she immediately sought out her dealer and got high.

The story of drug addiction is painful to read and painful to tell. For those people who are affected by drug addiction, it's almost excruciating.

Drug Addiction Story

Twenty-one year old Elizabeth was arrested for possession of drugs for the third time in one month. She is put in jail to await trial. The judge orders her into a rehabilitation facility. She attends for the required treatment time and, once home, uses drugs after just two days. At 22, her parents are planning her funeral. She was found in her basement dead from a drug overdose.

The story of drug addiction is often bleak and depressing. The tale is told over and over again all over the world. It's sad because it's preventable. Don't let you or a loved one be another tragic story of drug addiction.

Teenage Drug Addiction

As prevalent as drug addiction is in our society, the most troublesome part is teenage drug addiction. Our children are being exposed to dangerous drugs at younger and younger ages. Plus, they are exposed through their family members as well. With drugs everywhere, it's hard to imagine how we can take steps to prevent teenage drug addiction and be successful at it.

The most widely abused drugs among teenagers are marijuana and alcohol, although methamphetamine and heroin are also popular. Teens use drugs as a way to escape from the problems in their lives. They see it as an easy way out at least for as long as the drug lasts. Teenagers perceive even the smallest problems as insurmountable, so their tendency to use drugs is much higher than an adult's. They keep using to maintain their escapism eventually finding themselves addicted.

If you suspect a teenage drug addiction in your family or in a friend, the biggest thing to keep in mind is that honest and open communication is the key to getting help for that teen. Your first instinct will probably be anger, but if you show that anger, the teen will retract and not hear anything that you are saying - at least not consciously.

Remain calm and sit down to have a heart-to-heart talk about teenage drug addiction and what it can do to a person's life. Point out the physical problems that drugs cause like heart problems, sleep disturbances, paranoia, and lethargy. Show them pictures of people who are addicted to drugs both before and after their addiction took hold. There are plenty of places you can go to get this information.

Arm yourself with as much information as you can regarding teenage drug addiction. Present what you've learned to your teen in a way that speaks to them and is important to them. Try to look at the addiction from their point of view and encourage them to be honest with you about why they started using in the first place.

You will also want to get some type of counseling for your teenager. This can be done at a local mental health facility. Often teens relate best when there are other teens to talk to. See if there is a peer counselor or peer group therapy available in your community. If not, maybe you could start one yourself!

Teenage Drug Addiction

Teenage drug addiction is a problem that should not be ignored. They say that the children are our future, and we need to take care of our children. That means we must face drug addiction head on and not hide in a corner denying it is happening. Communicate with your teenager, listen to them, and get them the help they need. They deserve it and your family deserves it.

What you need To Know About Alcoholism & Drug Addiction

Alcoholism & Drug Addiction are common realities in today's society. Some estimates have shown that over twenty percent of the United States population battles with a substance abuse problem. Not only health caregivers and social workers encounter this population on a regular basis. Indeed, even company managers and professionals most likely encounter some (if not many) of this percentage more often than not. Professionals in their positions of authority may be the only ones with the opportunity to help. It is their opportunity to spot drug dependency and (hopefully) offer the availability for effective individualized and holistic treatment. A little perception and educated kindness may mean the world of difference - maybe even save a life.

Who Does Drug Addiction Affect?

Addiction's effects insidiously spread. Bringing only destruction, sorrow, and pain, it affects not only the addict, but also the people in his/her life. Hurting friends and family, drug addiction also permeates professional settings. Employees with dependency problems hurt businesses and create aggravating and possibly unsafe work environments. In medical settings, addiction intensifies the care needed from psychological and physical health providers.

Many untrue myths on the origins of drug addiction continue to circulate. Some attempt to pinpoint the social groups most affected. Others attempt to recognize addiction as an illness or a moral defect. These falsehoods must be stopped. While they perpetuate unnecessary confusion, fear, and shame, these inaccurate conclusions augment problems and make them more difficult to treat. Addiction does not appear in any particular component of society. Rather, it affects every socio-economic class, ethnicity, and gender. Not a disease and never an indication of a "bad" person, addiction is merely a problem that needs solving. There is no reason to label drug addicts with untrue stereotypes, and there is no need to fear them. At some point everyone struggles with life's hurdles and needs help from others. Addicts are no different from anyone else. No one chooses addiction; rather, addiction steals from him/her. With kindness, help, and support from others, people can reclaim their lives.

What you need To Know About Alcoholism & Drug Addiction

How Can Drug Addiction Be Detected?

With most drug addictions there are warning signs. Some are characteristic symptoms of particular substances. (e.g., most alcohol can be smelled on the breath; constant sniffing may indicate a cocaine user, puncture scars inside the elbows can suggest syringe use for heroin abuse, etc.). However, there are many general indicators as well:

- Red or dilated eyes
- Slurred speech
- Cold or sweaty hands
- Difficulties concentrating
- Moody, impatient, dangerous, and/or violent behavior
- Extreme periods of energy (e.g., constant talking) and/or fatigue
- Paranoia
- Sudden or decreasing disregard in personal appearance or hygiene
- Sudden change in friends
- Dishonesty
- Depression
- Sleep Disturbances

Well over half of drug users work, and two out of five have taken an illicit drug at their work site. Unsurprisingly, almost half of work related accidents involve substance abuse. While this causes daily frustration for managers and fellow employees, low productivity and damages cause money losses. Mistakes and inappropriate behaviors put employees and customers in danger. Substance abuse on the job manifests in many ways:

What you need To Know About Alcoholism & Drug Addiction

- Decreases the quality and/or speed of work.
- Constant absences and/or tardiness (especially right before a weekend or holiday break and right after payday): Researchers find that drugs cause over sixty percent of work absences.
- Often leaving work early
- Lengthening breaks
- Talking more on the phone
- Stealing company supplies and/or profits

An employer may detect job performance issues; whereas, a health provider may spot behavioral issues during an exam/evaluation. However, regardless of a professional's role, it is vital that action follows even the slightest amount of suspicion. Helping a substance abuser will not only help the addict, but also the others that love and work with him/her.

How Can a Professional Help a Drug Addict?

Addiction can be permanently treated. But then why do so many recovering addicts return to the same behaviors? Posing a severe problem in and of itself, addiction rarely develops on its own. Substance abuse most often results from inadequate coping of conscious and unconscious deeper issues. Problems stem from unresolved childhood traumas, current personal tensions, and occasionally deep troubles at work. Dependency denial merely enlarges the initial denial. Substance abusers require extensive patience, compassion, and sensitivity to treat and to heal. For this reason, addicts may need constant encouragement to pursue treatment options. Employees may benefit from job-enforced treatment programs. Unfortunately, while abuse instigators are commonly known, treatment is often misunderstood. However, with individual and holistic treatment that heals the underlying causes for the dependency on drugs and/or alcohol, the addiction itself can disappear!

By preparing ahead of time, professionals can ensure that they provide substance abusers with sufficient help. Below are some suggestions. (These do not substitute for the help of a professional interventionist, nor should they be used in an intervention-type scenario).

What you need To Know About Alcoholism & Drug Addiction

Step One: Educate Yourself on the Signs of Drug Addiction

First, know how to recognize addiction; look for warning signs (stated earlier). Second, become familiar with strategies for handling with a possible drug addiction (described in the following text).

Step Two: Talk to the Person

This may prove to be the most difficult step. Fears of being wrong often deter people from approaching a possible addict. However, it is better to talk to a person and be wrong than to say nothing and allow an addiction to continue. Even if a person does not have or is in denial of having a substance addiction, he/she will still know that someone cares. However, always broach the topic in an unthreatening and non-accusatory manner. When criticism and condescension are eliminated, a person shows his/her true concern.

Step Three: Offer Guidance and Suggestions

While demonstrating concern is essential, it is important not to come on too strong. Destroying well-intentioned help, "overbearing" concern may end up smothering and discouraging a substance abuser. A substance-abuse situation is a delicate matter. While addiction may be apparent, all other issues, which perhaps contributed to the present condition, are not. Sobriety can never be achieved unless an addict takes charge of his/her own situation and decides to change his/her lifestyle. With gentle guidance and suggestions, professionals enable addicts to utilize necessary agency.

Step Four: Be Supportive

What you need To Know About Alcoholism & Drug Addiction

Even if professionals delicately ask about a possible addiction, the addict may still refuse help. Substance abuse and its initial/current life problems create massive feelings of helplessness. They may not feel capable of stopping their addictions, and they might not trust others, even those that want to help. Nonetheless, with persistent patience and compassion, a professional can communicate his/her sincerity; and eventually, the addict may gain the necessary trust and courage for drug rehab.

The Lasting Recovery of Individual and Holistic Alcohol and Drug Rehabilitation

People suffering from addiction need both benefits of individualized care and of socialization with others facing the same obstacles. Individualized treatment is essential for enduring sobriety. While symptoms may be common, causes are never completely shared. Being an individual automatically implies that life is experienced uniquely. People require different addiction treatment therapies, and people need adequate time to explore their individual sorrows and stresses in a secure environment. However, the benefits of solidarity should never be overlooked. When rehabilitation centers provide one-on-one individualized treatment, the individual and social components combine to bring faster and healthier healing.

Substance abuse attacks from all angles and progressively weakens a person into sequestered parts. Holistic addiction treatment naturally reunites body, mind, and spirit into an enduring whole person again.

Drug Rehab Centers should offer a variety of specified therapy treatments. Incorporated with individual chemical dependency counseling, state-of-the-art methods of psychotherapy and hypnotherapy enable people to heal from anxiety and memories which often cause the self-medicating substance abuse. Family counseling repairs the relationships contributing to and brought on by addiction. Life purpose and spiritual counseling enable people to embrace their true identities and to move positively forward.

Rejuvenating all components of human life, comprehensive alcohol and drug rehabilitation offers further treatments including:

- Physical Training
- Massage/Bodywork
- Acupuncture
- Nutritional Advisement

The Lasting Recovery of Individual and Holistic Alcohol and Drug Rehabilitation

- Yoga/Music/Arts Treatment
- Image Therapy
- Peaceful and Soothing Environment

Complete drug or alcohol rehab programs develop further specialty therapies to address specific client needs. A staff team closely works to create the best individualized/holistic treatment possible. Most importantly, all activities focus directly on healing the initial problems that caused the dependency.

Professional help is needed to eradicate substance abuse. With valuable societal positions, professionals play critical roles in the detection and recovery of substance abuse/addiction problems. Due to society's variety of occupations, most drug addicts encounter at least one, if not more, professionals at some time. After the identification of warning signs, consistent patience, compassion, and support will guide addicts not only to drug rehabs, but also to ideal addiction treatment programs that provide enduring natural sobriety. Individual and holistic addiction treatment is available.

Poly-behavioural Addictions

The behavioral addiction disorders (e.g., food addictions, pathological gambling, and other obsessively-compulsive behavioral-patterns to religion, and/ or sex / pornography, etc.) are just as damaging, psychologically and socially as alcohol and drug abuse.

On a more serious note, lifestyle diseases and addictions are the leading cause of preventable morbidity and mortality taking more than one million (1,000,000) U.S. lives a year, yet brief preventive behavioral assessments and counseling interventions are under-utilized in health care settings (Whitlock, 2002). The U.S. Preventive Services Task Force concluded that effective behavioral counseling interventions that address personal health practices hold greater promise for improving overall health than many secondary preventive measures, such as routine screening for early disease (USPSTF, 1996). Common health-promoting behaviors include healthy diet, regular physical exercise, smoking cessation, appropriate alcohol/ medication use, and responsible sexual practices to include use of condoms and contraceptives.

Multiple Addictions and Poor Prognosis

Since it is impossible to expect treatment for one addiction to be beneficial when other addictions co-exist, the initial therapeutic intervention for any addiction needs to include an assessment for other addictions. National surveys revealed that a very high correlation exists between substance abuse and behavioral addictions. Repeated failures abound with all of the addictions, even with utilizing the most effective treatment strategies. But why do 47% of patients treated in private addiction treatment programs (for example) relapse within the first year following treatment (Gorski, T., 2001)? Have addiction specialists become conditioned to accept failure as the norm? There are many reasons for this poor prognosis.

Poly-behavioural Addictions

Some would proclaim that addictions are psychosomatically- induced and maintained in a semi-balanced force field of driving and restraining multidimensional forces. Others would say that failures are due simply to a lack of self-motivation or will power. Most would agree that lifestyle behavioral addictions are serious health risks that deserve our attention, but could it possibly be that patients with multiple addictions are being under diagnosed (with a single dependence) simply due to a lack of diagnostic tools and resources that are incapable of resolving the complexity of assessing and treating a patient with multiple addictions?

Difficulty in an Accurate Dual Diagnosis

Dual diagnosis is defined as the recognition of two possible reasons for a person's unusual behaviour. It is a diagnosis of mental illness combined with substance or alcohol abuse and other drug or behavioural addictions. Out of two hundred million Americans, there are about fifty percent that are suffering with severe mental illness and abusive use of illicit substances and drugs. If there are two or more kinds of reasons to explain a person's behaviour, how can someone predict the most accurate diagnosis?

Professional counselors and psychologists are have difficulties in diagnosing accurately as abusive use of any substance for that matter can mask, aggravate and even mimic various disorders of the mind.

It is known that one of the most obvious sidekicks of mental disorders is alcohol and drug dependence. With alcoholics, there are overlapping tendencies to mental illnesses and other substances. Dependence with particular substances can cover serious problems pertaining to psychiatric illnesses. On the other hand, depression has the capability to disguise a disorder that is caused by substances.

Patients who have a dual diagnosis are very difficult to recognize because there are cases where only one problem is diagnosed and identified while the other is left untreated. Someone who is diagnosed with a mental illness may deny his present status and point the finger to substance abuse and alcoholism; while others who are classified as obvious substance abusers will ascribe their condition to a mental health disorder. This is especially difficult in diagnosing in teenagers, who can suffer with mood disturbances.

Some clients may deny the disorder because being a junkie is less threatening than accepting a psychiatrist's diagnosis of schizophrenia or bipolar disorder. Depression and frustration can hinder the client's ability to see and recognize the problem.

One of the most prevalent behaviours for someone who has a dual diagnosis is self harm and violence towards others. Violence within the home is common and the person commonly manifests or is at risk of suicide. There is a high rate of people with a dual diagnosis of mental disorders and drug and alcohol abuse who are in jails.

Dealing With Addiction In The Family

Dealing with addicted family members is always a big challenge. There are some important issues to explore when someone you love is harming themselves.

ARE YOU CONTRIBUTING TO THE PROBLEM?

People use various addictions to avoid their painful feelings, especially their feelings of anxiety, stress, aloneness, emptiness and loneliness. Is there some way that you are contributing to their pain? While you are not responsible for how someone deals with pain, you are responsible for anything you are doing that may be contributing to it. Some of the ways you might be contributing are:

*Being judgmental toward the addicted person in an effort to control them regarding their addictions or regarding other behavior.

*Caretaking the addicted person by covering up for them or doing things for them that they need to be doing for themselves.

*Being discounting or dismissive toward them, when they try to share their feelings with you, about something you might be doing that is difficult for them.

*Telling yourself that you are responsible for them, rather than taking loving care of yourself.

ACCEPTING YOUR LACK OF CONTROL

Regardless of how you might be contributing to the problem, their choice to act out addictively is still 100% their choice, and you cannot control this. When you do not accept your powerlessness over another's choices and behavior, then you might stay in situations that are detrimental to you, trying to get the other person to change.

STAYING TUNED IN TO YOUR OWN FEELINGS AND NEEDS

Dealing With Addiction In The Family

Are you focused on the addicted person rather than on your feelings and needs? Are you putting yourself aside in your attempts to help them? Are you abandoning yourself in your efforts to get them to stop abandoning themselves and harming themselves?

If you focus on your own feelings and your responsibility for yourself, what would you be doing differently? Are you feeling sad, used, angry, or anxious much of the time? If this is the case, then you need to start taking care of yourself rather than abandoning yourself.

TAKING LOVING ACTION

If you completely accept your lack of control over the other person and stop caretaking them or judging them, and if you tune into yourself and discover that you are distressed as a result of this relationship, then you have some hard decisions to make.

It is very important to understand that whatever is truly in your highest good, is also in the highest good of all. When you take loving care of yourself, you open the door for others to take loving care of themselves.

What are some of the loving actions to take regarding the addicted person?

*Join the appropriate 12-Step group to help you move out of enabling the addicted person and out of enmeshment with him or her.

*Get professional help to heal your need to control through your caretaking or through being judgmental.

*Contact a professional who does interventions and bring together all the people who are sad about the situation and are willing to stop contact with the addicted person until he or she goes into a treatment center or gets some other form of good help.

*Decide for yourself that you will no longer be involved with the family member as long as he or she is acting out the addiction. This means leaving the relationship, which may be a very hard thing to do. You may need professional help to take this action.

Dealing With Addiction In The Family

*Accept the person as he or she is, completely accepting that the addiction will continue, and learn to take care of yourself within the situation.

When you completely accept your lack of control and deal with your own controlling behavior, then you can open to learning about the loving action to take in your own behalf and in behalf of the addicted family member.

Drug Rehab Treatment as a Life Experience, not a Punishment

Choosing a drug rehab treatment center is a decision that calls for both negative and positive emotions. Nobody wants addiction to overtake their life to the point that rehab is the necessary step. However, the decision to go to one is something to look forward to, as it is the decision to rebuild a healthy life. It is the conscious realization of a problem, and it is the first conscious step towards healing. Understanding what drug addiction entails and how it affects the user is important for healing substance abuse. As well as understanding addiction, knowing what rehabilitation is will help the patient understand what he is going through and the purpose of the treatment. Lastly, the type of rehabilitation program is of vital importance for the patient. Understanding that a rehabilitation program is as personal as the patient's problem will certainly help to ascertain the treatment needed for the specific patient. Rehabilitation must be a positive program motivating the patient by his successes and discouraging him from relapses. To reach the stage of being in a rehab center that positively works to heal addiction, the patient and all concerned must understand three things: what addiction is, what rehabilitation is, and what treatment can and should be like.

Drug addiction is much more complex than merely 'too much drug use'. Drug and substance dependence is beyond the control of the user - he is no longer in control and does not have much choice in the matter of continuing use. In the short term, drug use affects the brain's reward system, flooding the brain with dopamine, otherwise termed 'a high'. While the high is a short term effect, long term effects are to follow, which cause the addiction. When our brain's reward system is working, proteins activate which teach us to pursue the behavior which causes us to feel so good. Naturally, this reaction is in response to food, exercise, and sex. Due to the larger amount of dopamine released due to drugs, the protein reaction is stronger than normal. As a result, drug use is quite addictive, and once the moment is reached that a person cannot control his use of drugs, this is termed addiction, or substance dependence. While willpower is important to controlling anything in one's life, in drug addiction a lack of willpower is not to blame. Willpower is at play at the first stages of drug experimentation, but at a certain point in addiction, it loses its function. Drug addiction is an illness, and rehabilitative treatment is the only means of curing this behavior.

Drug Rehab Treatment as a Life Experience, not a Punishment

Rehabilitation, then, is the path that leads to an effective treatment of drug use. Research has shown that addiction is treatable. Research has not shown, and will not show, that treatment is easy. Rehabilitation is the recovery of diminished capacities due to injury or illness. The word itself comes from the latin prefix re meaning 'again', and root habilitar meaning 'to inhabit'. Thus 'rehabilitate' literally means to inhabit yourself again - and that is the aim of rehabilitation: to return former capacities to the inflicted person. This is especially true in drug addiction. Freeing oneself from addiction is a type of homecoming to a life of control.

Rehabilitation aims at more than ending drug use. As previously mentioned, rehabilitation cannot be a punishment for drug use. It must be the gradual process of ending dependence while also rehabilitating the patient into society. This is often the most difficult aspect of rehabilitation. It is important that the patient realistically understand that the future will consist of effort to reintegrate and rejoin society. The patient is assisted by counselors throughout the treatment, but the patient himself is the main catalyst in rehabilitation. The family and friends of the patient must also go through aspects of rehabilitation, for life after rehab will not be a continual sunny day. The forecast predicts many rain clouds at first, with occasional storms down the road. The family must know how to be supportive and helpful throughout the stormy weather.

Drug Rehab Treatment as a Life Experience, not a Punishment

The rehab treatment center can be considered the umbrella in the stormy weathers. It cannot control the weather, but does shield and help the patient and family on their way through the tempest. While there is no one correct rehabilitation treatment, as each treatment must be tailored to the particular needs of the patient, there are means of ensuring that the rehab center chosen is one that will provide a positive environment to optimize the long term results of rehabilitation. The personal treatment for the patient must be continually checked and improved, as different steps throughout the treatment call for different measures, and each patient needs a different length of time for treatment. The personal treatment must also take into account the various problems beyond drugs which the patient faces. Drug addiction is often the result, and not the core of the problem - this core must be dug up through various therapies, counselors, and activities, which all should be readily available through the treatment center. A forced treatment is not necessarily a bad thing - again, depending on the treatment center. With a good treatment center, a person who initially will not admit to his problem or the need for a solution can be fully rehabilitated. Extremely beneficial are experiential therapies, which, through their communion with nature help the patient gradually reintegrate into life, which will eventually ease reintegration into society. A rehab treatment center must be rigid in its aims to help the patient, but cannot be rigid in its process.

Understanding what addiction is and why it happens is vital for the patient and the chosen treatment center. Once this is established, there can be a mutual respect, in lieu of distrust and judgment. The next step is to understand what rehabilitation is. It is a dedication, again, on the part of both the patient and treatment center, to heal a drug problem and, more importantly, rebuild a life - to bring the patient home in the spiritual sense. With these two concepts well understood and looked after, the patient has great chances of succeeding to overcome the addiction. The treatment center that fully understands addiction and rehabilitation will be the center that offers a full and varied program that will be created and recreated for the particular needs of its patient, and that will guide the patient not only through his addiction, but through his reintegration into life and society.

Evaluating a RehabCenter

The first step in evaluating a rehab center is to telephone them and inquire about their services. Here are some suggested questions:

What are the programs you have available?

How long have you been operating?

In which geographical area are you? Is there a bus stop or train station nearby?

What are your working hours and days?

Do your staff members speak my language? Are there bilingual staff members? If I'm deaf, do they know sign language?

How will your programs help solve my addiction problem?

Am I eligible for your programs?

Are the applicable programs covered by any funding agencies (like insurance, Medicare or Medicaid)?

What will I have to pay for myself?

Could you give me patient references so that I can ask them about their experience with you?

Do not consider centers whose answers were indifferent, rude, hazy, unsympathetic or poorly worded, and in this way arrive at a shortlist of centers. You will have to visit centers on the shortlist to further evaluate them, so keep the size of the shortlist within practical limits.

Evaluating a RehabCenter

When you visit a center to check it out, here are the aspects you should consider (it is advisable to take a family member or close friend with you so that you will have more than your own opinion to consider when making your evaluation of the center):

Do the staff members treat patients with respect and compassion?

Do the staff members respect differences in culture?

Are the premises clean? Are the fittings in good repair?

Are there necessary facilities for patients such as adequate medical specialists, medical drugs and equipment?

Here are questions to ask of staff members in the center you are visiting:

What programs are available here?

Once I sign up, how long does it take to start?

Could I see a schedule of activities connected with my program?

How will the services be customized to my particular situation?

What type of residential accommodation do you have, if my program requires it?

What part will I play in configuring my program?

How can my family and dear ones be involved in the program?

What facilities do you provide for patient complaints and corresponding program correction?

Do you provide transportation if required?

Evaluating a RehabCenter

Is personal nurse or orderly care available in case I am physically incapable of attending to basic needs?

Finally, address the issue of quality by asking these questions:

Could you show me examples of how your programs have succeeded?

Do you consult former patients when revising or expanding your programs?

How are you involved with your community?

What are the qualifications of your staff members?

Could I please see your accreditations?

Recovery From Addictions: Part I

This is the first of a 5-part series on recovery from addictions. This first part defines substance and process addictions and describes the four major false beliefs that underlie most addictions.

Just about everyone in our society is addicted to something. Addictions can take many forms:

SUBSTANCE ADDICTIONS: addiction to alcohol, recreational drugs, prescription meds, caffeine, nicotine, food, sugar, carbohydrates.

PROCESS ADDICTIONS: addiction to love, connection, caretaking, anger, resistance, withdrawal, and to activities such as:

- * TV
- * Computer/internet
- * Busyness
- * Gossiping
- * Sports
- * Exercise
- * Sleep
- * Work
- * Making money
- * Spending money
- * Gambling

Recovery From Addictions: Part I

- * Sex, masturbation, pornography
- * Shopping
- * Accumulating things
- * Worry
- * Obsessive thinking (ruminating)
- * Self-criticism
- * Talking a lot
- * Talking on the telephone a lot
- * Reading
- * Gathering information (if only I know enough I will feel safe)
- * Meditation
- * Religion
- * Crime
- * Danger
- * Cutting themselves
- * Glamour, beautifying

Recovery From Addictions: Part I

We can use anything as a way of avoiding feelings and avoiding taking responsibility for our painful feelings. Whenever we engage in an activity with the intention of avoiding our feelings, we are using that activity as an addiction. We can watch TV to relax and enjoy our favorite programs, or we can watch TV to avoid our feelings. We can meditate to connect with Spirit and center ourselves, or we can meditate to bliss out and avoid responsibility for our feelings. We can read to enjoy and learn, or read to escape. Anything can be an addiction, depending upon our intention.

For example, when your intention is to take loving care of yourself and your work is something you really enjoy, then working is not being used as an addiction. But when the intent is to get approval or avoid painful feelings, then work is being used as an addiction. The same is true for most of the above behaviors - they can be addictions or not, depending upon your intent.

All of us have a wounded part of us - our wounded self or ego self - that has been programmed with many false beliefs through our growing-up years. There are four common false beliefs that underlie most addictions:

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

I CAN'T HANDLE MY PAIN

While this was true when we were small, it is not true as adults, yet many people operate as if it is true. When you believe that you are incapable of handling pain - especially the deep pain of loneliness and helplessness - then you will find many addictive ways to avoid feeling your pain. All of us are capable of learning how to manage painful feelings in ways that support our highest good, rather behaving in addictive ways that hurt us.

Recovery From Addictions

Anything you do to avoid taking responsibility for managing your pain is self-abandonment, which creates even more pain - the deep pain of aloneness. Whether you abandon yourself to substances, processes or people, your inner child - which is your feeling self - will feel abandoned by your choice to avoid responsibility for your feelings. If you had an actual child who was in pain, and you got drunk instead of being there for that child, he or she would be in even more pain from the abandonment. It is exactly the same on the inner level. Addictive behavior is an abandonment of self and causes the very pain you are trying to avoid.

I AM UNWORTHY AND UNLOVABLE

When you did not receive the love you needed as a small child, you might have concluded that the reason you were not loved was because you were bad, flawed, defective, unworthy, unlovable, or unimportant. This is core shame - the false belief that there is essentially something wrong with you. When you adopt this belief, you become cut off from your Source, believing that you are unworthy of being loved by a Higher Power.

OTHERS ARE MY SOURCE OF LOVE

You will become addicted to attention, approval, love, sex, or connection when you believe that another person needs to be your dependable source of love. In this case, you will be abandoning your inner child to another person, which causes as much pain as abandoning yourself to a substance. Until you learn to tap into a Higher Power as your source of love, you will continue to be addicted to people as your source of love.

I CAN HAVE CONTROL OVER HOW OTHERS FEEL ABOUT ME AND TREAT ME

If you believe you can control others' feelings and behavior, you will become addicted to various ways of trying to control, such as anger, judgment, blame, or people-pleasing. When you believe you can't handle your pain and that others are your source of love, then you want control over getting that love. This is the cause of the codependency that underlies most relationship problems.

Recovery From Addictions

Summary

People turn to addictions is to avoid the pain of loneliness and fill the empty place inside that really wants to be filled with love. Learn about the beliefs that keep you from accessing the love that will heal addictive behavior.

In Part 1 of this series of articles, I defined substance and process addictions, and described the four major false beliefs that underlie most addictions:

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

Part 2 was about the first of these beliefs - learning how to handle pain. This article addresses the second and third beliefs - "I am unworthy and unlovable" and "Others are my source of love."

As small children, most of us decided that it was our fault when we didn't get the love we needed. We decided that there must be something basically and intrinsically wrong with us that caused our parents or other caregivers to not love us or to abuse us. Since we were too small to give ourselves the love and attention we needed, we were naturally dependent upon others for our survival. Deciding it was our fault that we were not being loved gave us the feeling of control: we could change ourselves and become the "right" way in order to get the love we needed. We put aside our wonderful essence and developed our ego/wounded self to try to have control over getting love and avoiding pain. We went about trying to get the love we needed from others.

The problem is we became addicted to trying to get love from others and never learned that we can, as adults, access love directly from our Source.

Recovery From Addictions, Part 3

Are you operating from the false belief that you can't do this for yourself - that you can't access the love you need directly from your Source? Do you believe that you are somehow defective and that the Source of love that is God will not come to fill you with love, peace and joy? Do you believe that you were born flawed and are therefore undeserving of receiving love from your Source? If you are operating from any of these false beliefs, then it is likely that you are still looking outside yourself for a dependable source of love.

If you could see love, you would see that we live in a universe of love - that it is all around you as well as within you. Your feeling self - your inner child - needs that love to survive and thrive. It is everywhere, yet your Child may be starving for love.

When you don't know how to access the love that is always available to you, and you believe that it won't be there for you anyway because you don't deserve it, it is likely that you will turn to outside sources. You might use food as a substitute for love, or alcohol or drugs. You might use things - toys, clothes, objects - as substitutes for love. Or, you might think that another person needs to be your dependable source of love - that you need sex or attention or approval to fill the empty place within that needs love. You might sense that love exists within that other person, and you might believe that he or she has more ability to access love and bring it to you than you have. Many of the people I work with tell me that they cannot love themselves as well as someone else can, so they keep trying to get someone else to take responsibility for their feelings and needs. They keep trying to hand over their inner child to someone else, thus creating inner abandonment.

The inner abandonment that comes from using substances, things, activities or people as your source of love is the real source of your pain. As long as you are making something or someone outside yourself your dependable source of love, you will be creating - through your self-abandonment - the very pain you are trying so hard to avoid.

Recovery From Addictions, Part 3

As children, our parents were supposed to bring us love from our Source. As adults, we are supposed to be doing this for ourselves. But when our parents didn't show us how to do it for ourselves because they were not doing it for themselves or for us, we never learned how access our true Source of love. Without this access, you will remain stuck in your addictions, trying to fill the inner emptiness that can only be filled with love from your Source.

In the next section of this series, I will explore the ways you might be attempting to get others to fill you - coming from the false belief, "I can have control over how others feel about me and treat me," and in the final section, I will show you how to access love from your Source.

Recovery From Addictions

The major false belief that causes the most pain for many people is the belief that you can control how important people in your life feel about you and treat you. The behavior and resulting pain coming from this belief is often the underlying cause of addictive behavior.

Keywords:

addiction, recovery, controlling behavior, drug addiction, alcoholism, weight issue, alcohol abuse, addiction recovery

Article Body:

In Part 1 of this series of articles, I defined substance and process addictions, and described the four major false beliefs that underlie most addictions:

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

Part 2 was about the first of these beliefs - learning how to handle pain. Part 3 addressed the second and third beliefs - "I am unworthy and unlovable" and "Others are my source of love." This section, Part 4, explores the fourth belief, "I can have control over how others feel about me and treat me."

If I had to choose one false belief that causes the most pain for most people, it would be the belief that we can control how important people in our lives feel, think and behave.

Recovery From Addictions

In my work with individuals and couples dealing with addictive behavior, I encounter this belief and the many ramifications of it over and over. It seems very difficult for most people to accept the truth about their lack of control over others. The pain, frustration, loneliness and aloneness that result from not accepting your lack of control may be the underlying cause of your addictions.

Take a moment right now to reflect about what you think and do that is a direct result of this belief.

* Do you judge/shame yourself to try to get yourself to act "right" so that others will like you? If you do, you are operating from the false belief that you can control how others feel about you by how you act. You are also operating from the false belief that self-judgment will work to control your own behavior. Judging and shaming yourself can lead to addictive behavior to avoid the resulting pain.

* Do you act "loving" to others with the hope that others will act loving to you? If you do, you are operating from the false belief that your behavior controls others' behavior. It is wonderful to be loving to others because you feel good when you are loving, but when you have an agenda attached of being loved back, then your "loving" is manipulative - you are giving to get. The hurt you feel when others don't love you back can lead to addictive behavior.

* Do you get angry, judgmental and critical of others? If you do, then you are operating from the false belief that anger and judgment will have control over how others feel about you and treat you. You can certainly intimidate others into complying with your demands as long as they are willing to do so, but you cannot control how they feel about you. And they will comply only as long as they do. At some point they might leave, so ultimately you have no control over them. Your resulting stress may lead to addictive behavior.

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* Do you give yourself up, going along with what another wants of you, such as making love when you don't want to, or spending time in ways that you don't want to? If you do, then you are operating from the false belief that giving yourself up will have control over how another feels about you and treats you. A loss of a sense of self can lead to addictive behavior.

* Do you withdraw from another or resist another's requests? If you do, you are operating from the false belief that you can change/control another's behavior toward you by punishing them through withholding love. The deadness of withdrawal can lead to addictive behavior.

In important relationships, most people do some or all of the above behaviors, resulting from the false belief that you can control how others feel, think and act.

If you really accepted the truth of your lack of control over others, what would you do differently? If you deeply, totally, completely accepted the truth of your lack of control over others feelings and behavior, you would be left with what you CAN control - yourself.

I have seen over and over that people finally take loving care of themselves only when they fully accept the truth of their lack of control over others. It is truly amazing the rapid progress the people I work with make when they finally accept this truth.

Shifting out of this one false belief and into the truth will go a long way toward healing your addictions.

Recovery From Addictions

In Part 1 of this series of articles, I defined substance and process addictions, and described the four major false beliefs that underlie most addictions:

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

In Parts 2,3 and 4, I explored in depth each of these false beliefs and how they contribute to addictive behavior. In this final part of this series, I address the way out of addictions.

Recovery from addictions is based on two major shifts in your thinking and behavior:

* Shifting your intention from avoiding responsibility for your feelings to learning about loving yourself. This means shifting from your wounded self/ego/mind having dominion over your choices to your loving Adult/spiritual Guidance having dominion over your choices.

* Learning to access your personal spiritual Guidance so that you can fill yourself with the unconditional love and compassion of Spirit rather than turning to addictions to fill the emptiness and take away the pain.

As long as getting love and avoiding pain is your highest priority, you will not be able to recover from your addictions. When you decide that being loving to yourself and others is your highest priority, you are on your way to healing from your addictive behavior.

Your intent is everything - it completely determines your actions and the resulting outcome.

Recovery From Addictions

If your intent is to get love and avoid pain in order to feel safe, you will continue to resort to addictive behaviors as a way of having control over getting love and avoiding pain.

When your intent is to be on the spiritual path of evolving in love and fully manifesting yourself, then you will bring the following Six-Step Inner Bonding process into your life throughout the day.

1. You will stay tuned into your feelings throughout the day so that you know the minute you feel anything other than peace and joy. You will be present within your body to your feelings just as you would be present to the feelings of a baby.
2. You will immediately move into a compassionate intention to learn about what you are thinking or doing that is causing your distress - your anger, fear, anxiety, depression, hurt, guilt, shame, stress, emptiness, aloneness, loneliness, and so on. You will become a loving Adult by opening to your spiritual Guidance - the wise and loving presence that is always here for you - allowing that love and wisdom to come into your heart.
3. You will explore with your Inner Child - your feeling self - about what you are thinking, doing, or believing that is causing the distress. You will discover your false beliefs and your resulting unloving behavior that are causing your pain.
4. You will open to learning with your spiritual Guidance, asking "What is the truth about these beliefs?" and "What is the loving action?" You will allow the answers to these questions to come when they will, not trying to control the process.
5. You will take the loving action you are guided to take, which can take many different forms - from lovingly holding your Inner Child, to getting more exercise and eating better, to speaking your truth or moving into compassion with someone else.
6. You will evaluate your actions to see how you feel now. If you are not feeling better, you will seek another loving action until you feel peaceful within.

Recovery From Addictions

If you do these steps each time you feel any distress instead of turning to your habitual addictions, you will gradually move beyond addictive behavior.

You always have these two choices regarding your intent - to control or to learn. You - only you - are in charge of which of these you choose. If you do not consciously choose the intent to learn about loving yourself, you will unconsciously and automatically choose to try to have control over getting love and avoiding pain through your addictive behavior.

Choosing the intent to learn about loving yourself and practicing Inner Bonding throughout the day is a powerful path to becoming addiction-free.