



ADDICTION

- Addiction is an inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm.
- The brain creates a compulsive craving for a specific substance or behavior, and you find yourself stuck in the cycle of seeking the reward that follows indulging that addiction, regardless of the outcome.



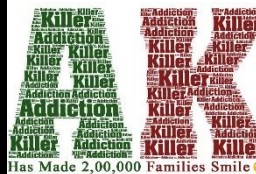
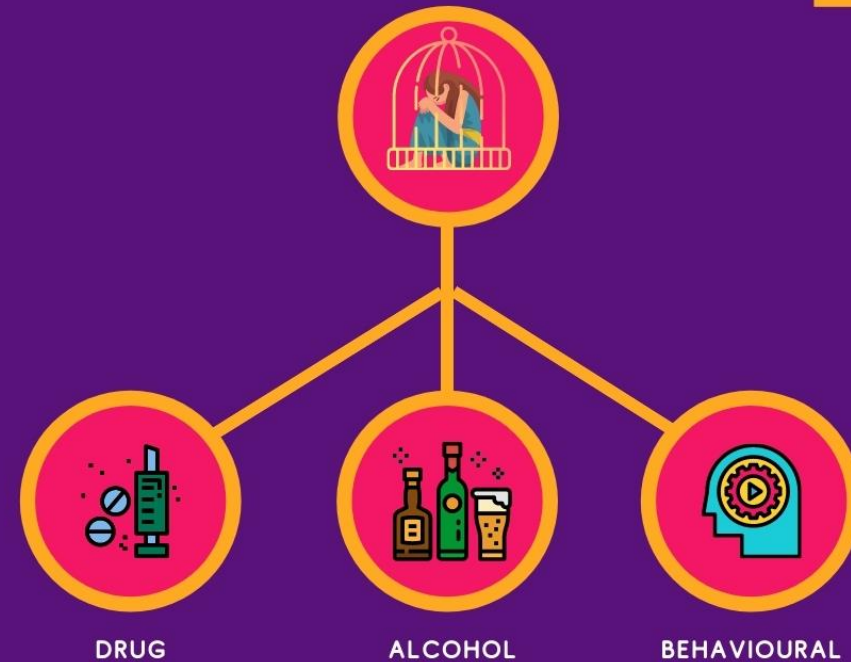
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Types of Addiction

- Alcoholism
- Tobacco Addiction
- Sex Addiction
- Drug Addiction
- Video Game Addiction
- Internet Addiction
- Shopping Addiction
- Gambling Addiction
- Food Addiction

synergy|recovery

TYPES OF ADDICTION



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MANY ADDICTIONS CAN FIT WITHIN THREE CATEGORIES, WHICH INCLUDE THE FOLLOWING:

- **Behavioral addiction** (shopping, sex, gambling and video gaming)
- **Substance addiction** (medication, such as opioids, or illicit drugs, such as crystal meth, heroin or cocaine, alcohol also).
- **Impulse addiction** (manage their emotions and actions)



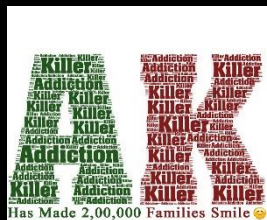


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SPECIFIC TYPES OF ADDICTION DISORDERS INCLUDE THE FOLLOWING

ALCOHOLISM

- Continued excessive or compulsive use of alcoholic drinks.
- The inability to control alcoholic drinking
- Impairment of the ability to work and socialize
- Tendency to drink alone and engage in violent behavior
- Neglect of physical appearance and proper nutrition
- Alcohol-related illness (such as hepatitis or cirrhosis of the liver)
- And moderate to severe withdrawal symptoms (such as irritability, anxiety, tremors, insomnia, and confusion) upon detoxification.



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TOBACCO ADDICTION

- Tobacco is well-known as an addictive substance like cigarettes or chewing tobacco, this substance contains nicotine.
- Most tobacco users begin at a young age — nine out of 10 smokers pick up the habit before they turn 18 — and it can be a difficult addiction to break.
- Nicotine causes an increase in adrenaline and dopamine, facilitating a pleasurable sensation while smoking.
- However, the health consequences of smoking are severe.



DRUG ADDICTION

- Drugs are usually one of the first things people think of when talking about addiction.
- Using substances like cocaine, heroin and methamphetamines can easily lead to addiction.
- Drug addicts exhibit compulsive drug-seeking behavior and struggle to balance their addiction with the rest of their lives.
- Addiction is a disease that can be caused by a combination of genetic, environmental and developmental factors.



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HOW TO IDENTIFY AN ADDICTION

Some common signs of addiction include:

- **Priority shift**
- **Lack of control**
- **Increased tolerance**
- **Increased risk-taking behavior**
- **Withdrawal**



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HOW DO HABITS BECOME AN ADDICTION?

- When the brain believes a harmful substance is beneficial, habits become addictions.
- This is due to a physiological connection.
- The brain rewires the “bad” habit as useful and vital to the user in certain circumstances.
- Any substance or activity that becomes a compulsion — something you can’t stop doing even if you try — is likely considered an addiction.



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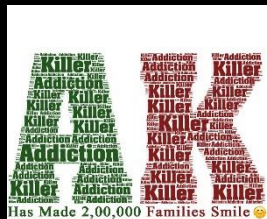
WHEN DO ADDICTIONS NEED TO BE TREATED?

- **Detoxification:** Medically-assisted detox allows you to rid your body of addictive substances in a safe environment.
- **Cognitive Behavioral Therapy:** CBT is a valuable treatment tool because it can be used for many different types of addiction including, but not limited to, food addiction, alcohol addiction, and prescription drug addiction.
- **Rational Emotive Behavior Therapy:** The goal of REBT is to help you realize that the power of rational thinking lies within yourself and is not related to external situations or stressors.
- **12-Step Facilitation:** It is a form of group therapy that includes recognition that addiction has several negative consequences that can be social, emotional, spiritual and physical.
- **Treatment with Medication:** Certain medications can be used to reduce cravings, improve mood, and decrease addictive behaviors.



HOW TO TREAT ADDICTIONS

- Addiction treatment will vary depending on the substance or activity and each individual's experience.
- Addiction can sometimes go hand-in-hand with a personality disorder or other mental health issue, requiring a multifaceted approach to treatment.
- Some addictions can be treated through an outpatient program, while others may require residential treatment or hospitalization.
- Recovery will differ depending on the individual and type of addiction.



6 EFFECTIVE WAYS TO PREVENT DRUG ADDICTION

Understand how addiction develops

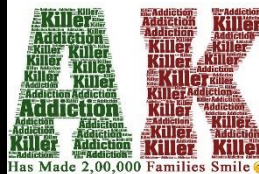
Avoid peer pressure

Find the support you need

Deal with life pressures

Seek counselling

Distract yourself from taking drugs



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CONCLUSION

Nobody is safe from drug addiction, but you can always avoid it. With too many people ending up in rehabs, you don't want to be one of them. Use this information to learn and help your friends and other peers to avoid drug addiction.



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