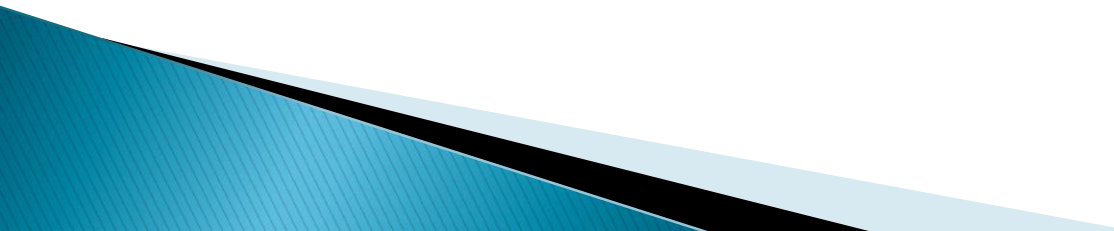


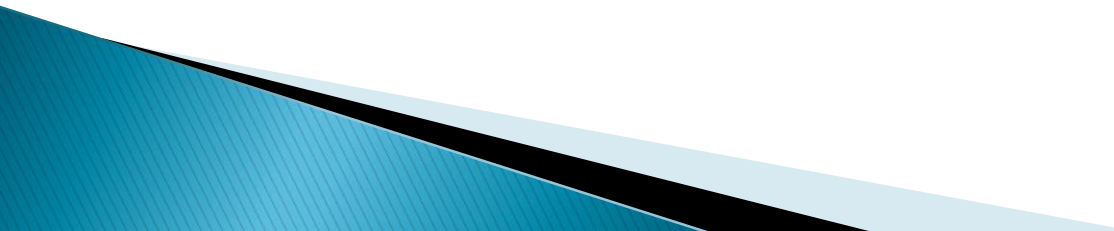
# Addiction

When a person loses control over time, place and quantity upon some abusing habit and his life is derived by the craving of some for that habits, the person is said to be addicted



# Drug Addiction

“When a drug abuser loses control over time, place and quantity of drug, he is defined as a drug addict”



# Non-Chemical Addiction:

Sex  
Shopping  
Eating  
Gambling  
Power  
Money  
Fame  
Chatting



# Chemical Addiction

Heroin  
Opium  
Chars  
Sleeping pills  
Alcohol  
Medicines



# 1 –Genetic Cause

## Modeling

when the father uses drugs, his behavior is predisposed to his next generation and there is vulnerability in his son to be addict whenever a stressful condition comes in his life.

15% chance that son of an addict will become an addict



## 2– Environmental Cause

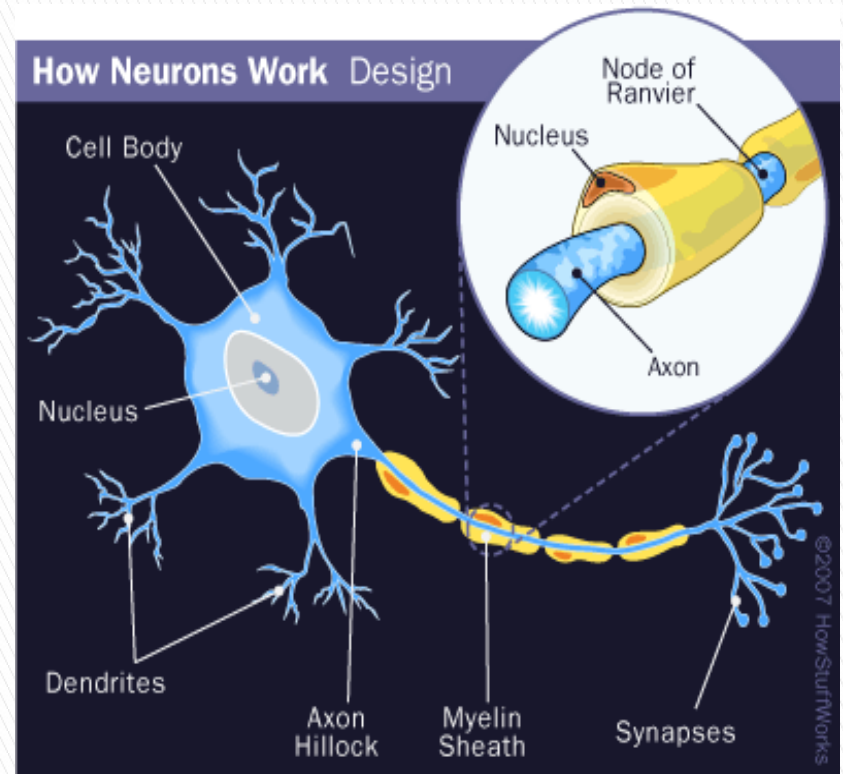
- ✓
  - ▶ **Company**
  - ▶ **Friends**
  - ▶ **Family**
  - ▶ **Favorers**
  - ▶ **Availability**





# 3– Physiological Cause

- ▶ **Psychiatric illness**
- ▶ **Biochemical factors**
- ▶ **Operation**
- ▶ **Accident**



## 4–Psychological /Personality cause

- ▶ Personality Traits
- ▶ Antisocial character traits
- ▶ Curiosity
- ▶ Revenge
- ▶ Emotional conflicts
- ▶ Jealousy
- ▶ Weak ego coping
- ▶ Low confidence level
- ▶ Inferiority complex





## cont–

- ▶ Poor relationships with Family
- ▶ Feelings of insecurity
- ▶ Loses hope
- ▶ Addiction is a Family Illness.
- ▶ Isolation
- ▶ Neglect of core values
- ▶ Family ties and shame
- ▶ Disregard societal rule



# Cont–

## Poor Hygiene

- ▶ Fear and Self Pity
- ▶ Ridiculous and injustice behavior
- ▶ Grandiose attitude
- ▶ Emotional effects
- ▶ Exaggeration of feelings
- ▶ Loss of self-esteem



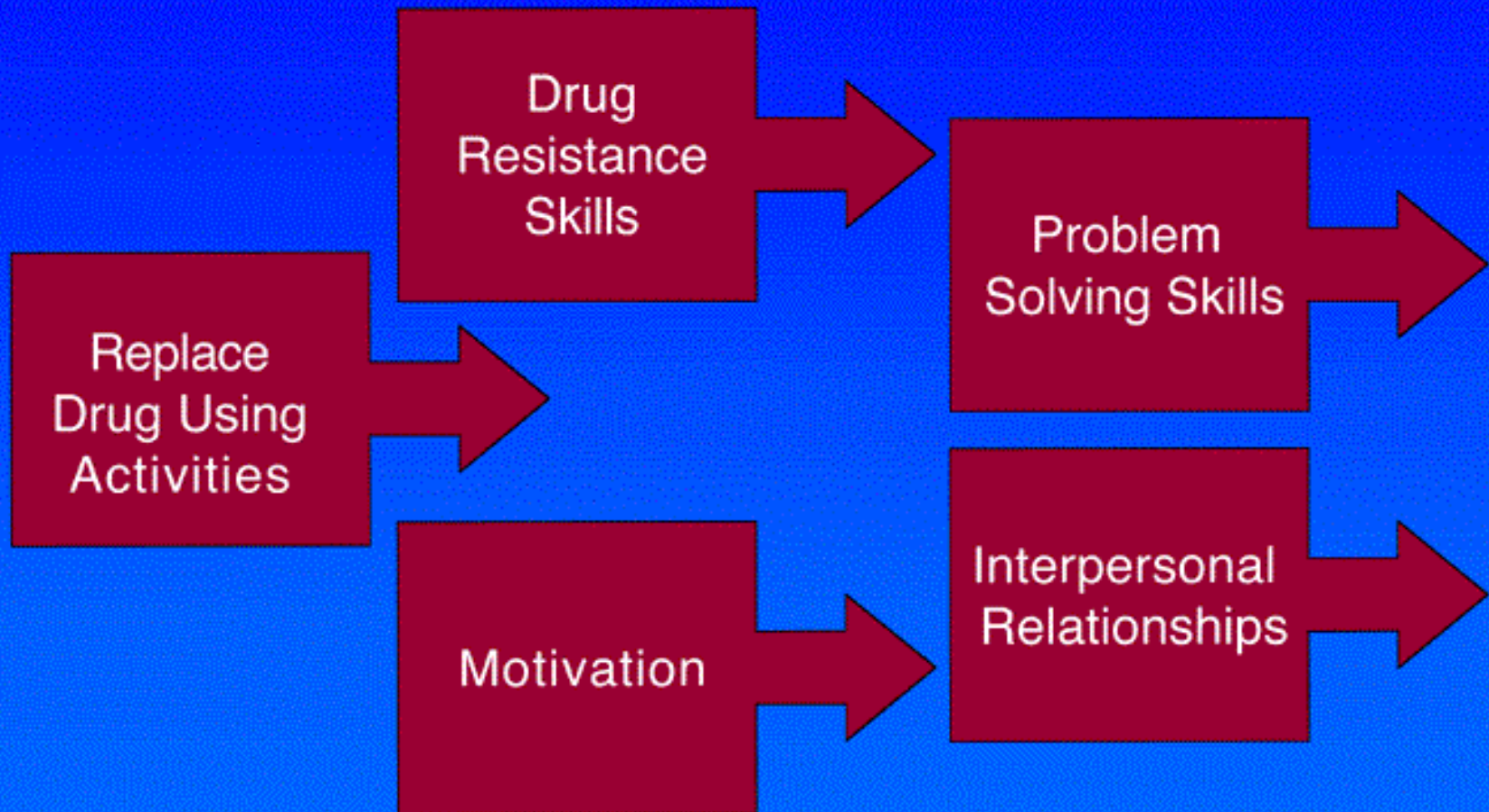
# 5–Social cause

- ▶ One member sick role
- ▶ Family conflicts
- ▶ Status symbol
- ▶ Divorce
- ▶ Separation
- ▶ Death
- ▶ Anger
- ▶ Resentments
- ▶ Unemployment



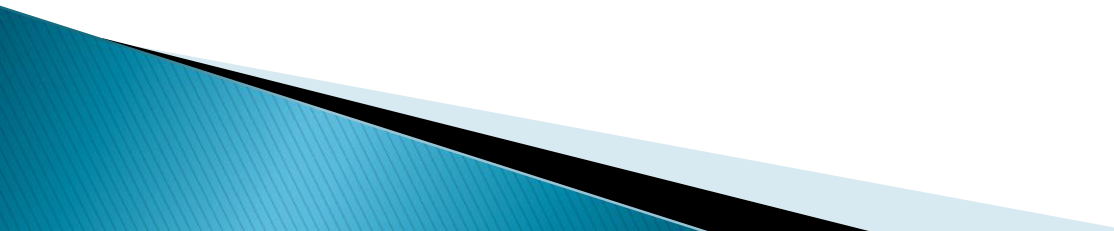
All the effects can be minimized.

## Counseling and Other Behavioral Therapies





# Prevention of Addiction

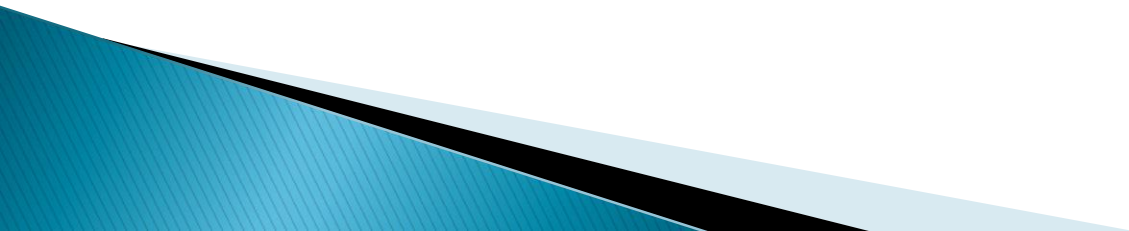
- 1–Motivation
  - 2–Interpersonal relations
  - 3–Problem solving skills
  - 4–Addiction resistance skills
  - 5–Replace activities with
- 

# 1 – Motivate people for change

Motivate people for change involves increasing their awareness of their need to change and helping them to start moving through the stages of change.

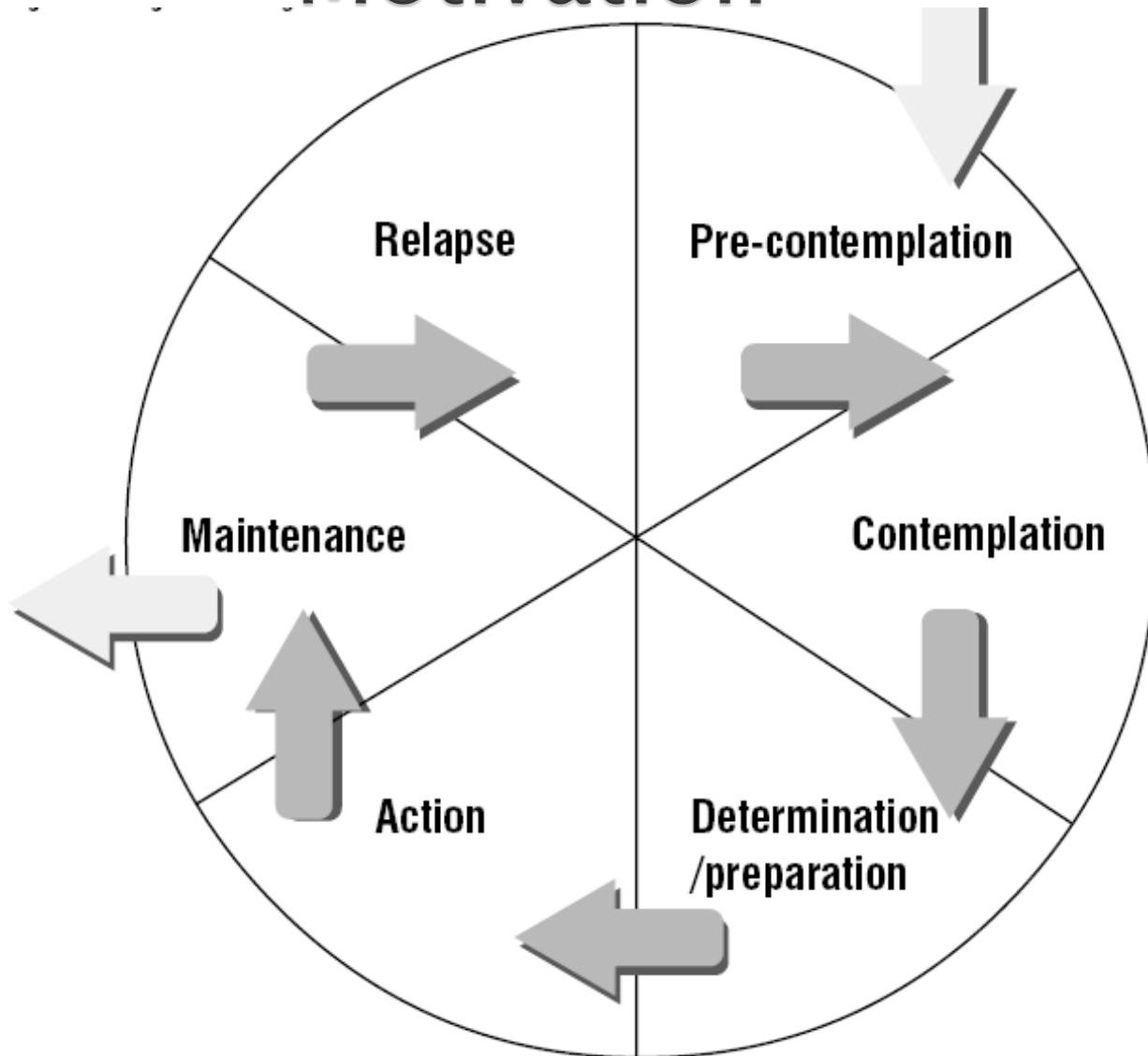
Start “where the person is”

Positive approaches are more effective than confrontation .





# Motivation



Adapted from Prochaska, J., & DiClemente, C. (1986). Towards a comprehensive model of change. In W. Miller & N. Heather (Eds), *Treating addictive behaviours: Psychological and medical approaches*. New York: Plenum Press.

# 1 – Motivate people for change

Pre-contemplation is stage of awareness about, habits, attitudes and its harm effects.

Contemplation is stage unable to decide whether or not to change.

Determination is stage of decision making that how to change.

Action is stage of need help it is process of change.

Maintain is stage of maintain change.

Relapse is not failure its part of again stand up



# Pre-contemplation is stage of awareness



# Contemplation is stage unable to decide



# Determination is stage of decision making



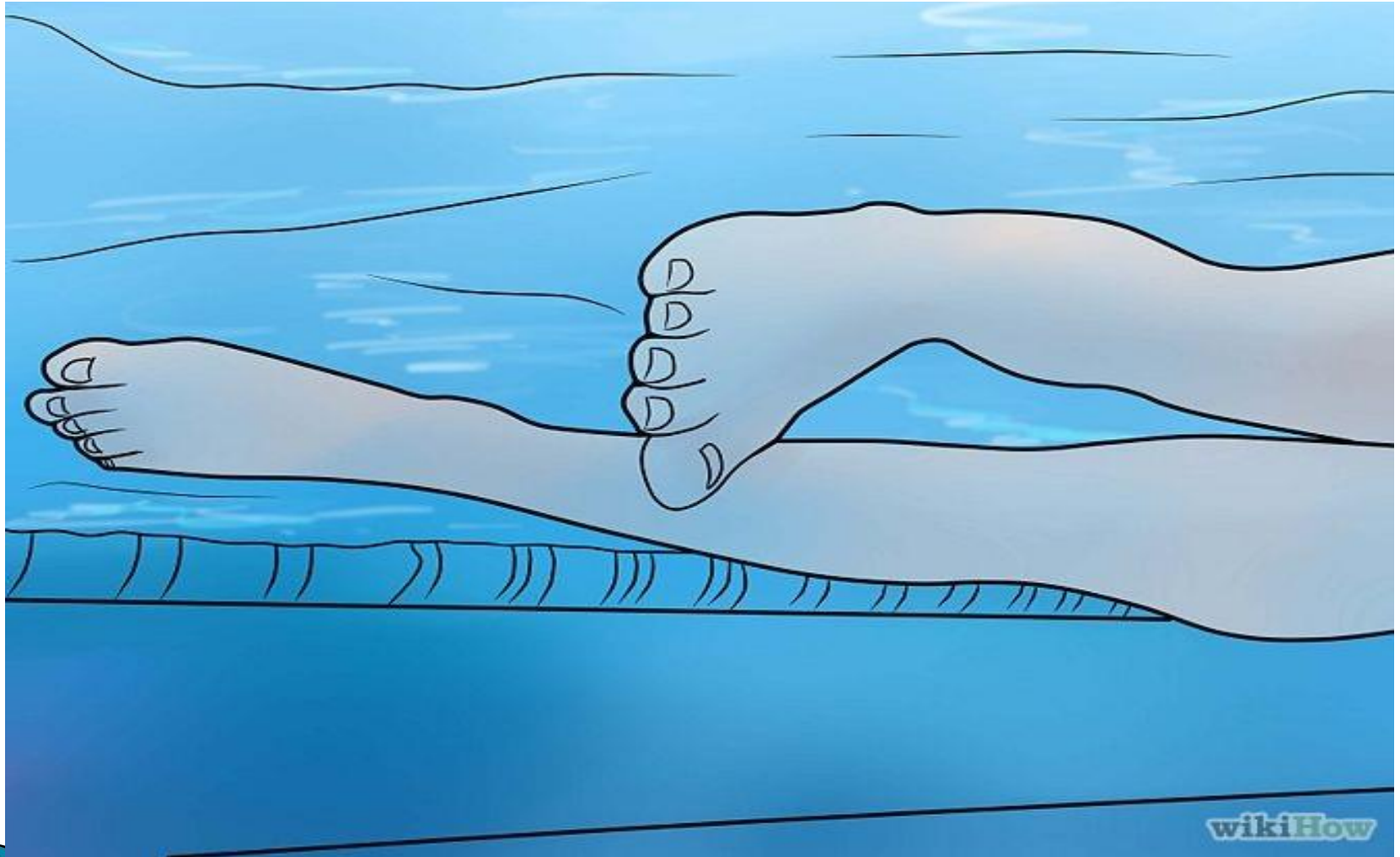


# Maintain





# Relapse



## 2-Interpersonal relations

The right interpersonal relationships can greatly improve the chances of a successful recovery. By being around people who support recovery the individual will benefit from the social support functions of such a group. There can be many challenges to be faced during early recovery, but by having supportive interpersonal relationships it means that these challenges do not have to be faced alone. Such support can come from:

Counselors

Peers in recovery

Family

Friends and work colleagues who support

Online communities that promote sobriety




# Support can come from



# 3–Problem solving skills

(1) Problem recognition — determining that a problem exists; (2) Problem Identification — gathering information, being as concrete as possible, checking the accuracy of the information, and defining the exact nature of the problem as well as possible; (3) Considering various approaches — sometimes called “brainstorming,” this involves generating a number of alternatives without regard to how good or bad they are; (4) Selecting the most promising approach — considering the likely outcomes of the various alternatives and their feasibility, and choosing the approach that maximizes positive consequences while minimizing negative consequences; and (5) Assessing the effectiveness of the selected approach — implementing the chosen alternative and evaluating its results.





# 4-Addiction resistance skills

Specific coping strategies for relieving stress skills for effectively resisting both peer & media pressures to smoke, drink, use drugs or some other unhealthy activities are effective.

Refusal skill training simply say,,,, NO

Social skills training

Communication skills training

Coping skills with life stressors

Skills for increasing self-control

Skills for increasing self-esteem



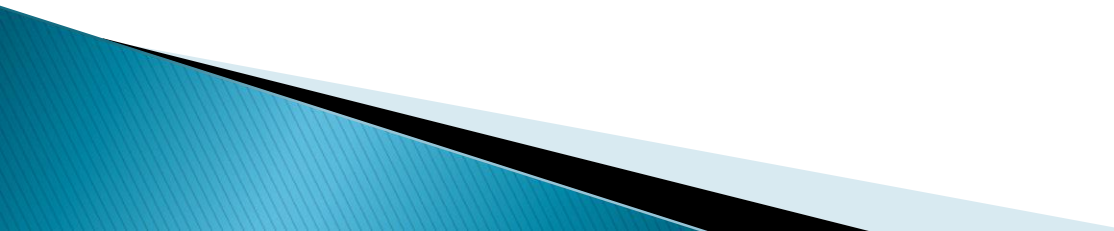
Simply say,,,, NO





## 5-Replace activities with addictive habits

**We all have a mix of good and bad habits. Bad habits cause untold suffering. Good habits serve us in the cause of our liberation. To understand how we got where we are and how to change direction, we need to understand the formation and transformation of habits. The seeker will need to release the energy captured by bad habits and transfer this power to liberating good habits.**



# Conti,,,,,

1.Engage in constructive activities related to health, work, relationships, recreation, or hobbies.

2.Avoide every thing that associate with bad habits as a single thought or visual image can stimulate craving prevent these thoughts from becoming action.

3.Affirmations and will that mind has the key that can unlock the door of a bad habit, We need to choose our thoughts carefully.



# Engage in constructive activities



# image can stimulate craving

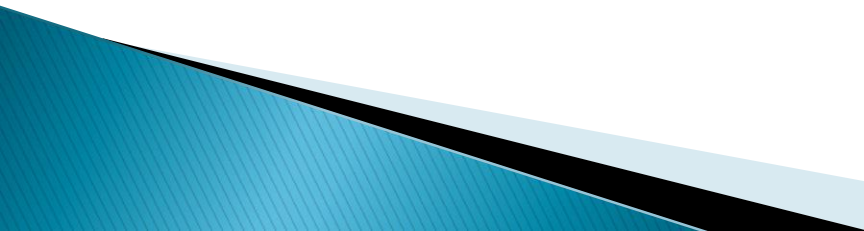


# Conti,,,,,

4.Support people who support our spiritual goals  
friends and family associated with our bad habits often try to pull us back. When we move forward, they take it personally.

5.Change your environment Removing reminders and temptations from your home break relations with people who enable your condition. and workplace can make the break easier

6.Review your past attempts at quitting. Note what worked, what didn't and what might have led to falling back into old habits. Then, make appropriate changes.





# Change your environment





# Review your past attempts

