

OpenAI - Opiates Recovery Subreddit Report

Disclaimer

The following report was generated completely using the OpenAI GPT 3.5 Turbo API through a series of summarization steps. It is important to note that one of the common risks associated with abstractive summarization is hallucination, which is the introduction of content not completely relevant to the source text. Abstractive summarization is not perfect and while there are methods to check the accuracy of an abstractive summary, it is not a guarantee of accuracy. The intent of this report is to consolidate the submissions to a subreddit over an extended period of time and group those submissions into categories identified using NLP analysis techniques. Should some of the topics be of interest, then a further review of the original subreddit posts is recommended. Stephen Drew, 3 April 2023.

Introduction

The OpiatesRecover (Opiates Recovery) subreddit is a community dedicated to supporting individuals in recovery from opiate addiction. The subreddit was created in 2011 and has since grown to become a significant resource for those seeking support and guidance regarding recovery from opiate addiction. As of September 2021, the subreddit has over 115,000 members and a daily engagement rate of over 500 posts and comments. The subreddit is moderated by a team of experienced moderators who ensure that the community is a safe and supportive space for all members.

One of the primary themes of the OpiatesRecover subreddit is harm reduction. The community recognizes that addiction is a complex issue that cannot be solved with one-size-fits-all solutions. As such, the subreddit is a place where members can find advice and support for their journey to recovery, whether that be through medication-assisted treatment or abstinence-based methods. Members are encouraged to share their experiences, struggles, and successes with the community, creating a space where individuals can learn from one another and support each other through the ups and downs of recovery.

Another important theme of the OpiatesRecover subreddit is the promotion of empathy and understanding. Members of the community recognize that addiction is a disease and believe in treating individuals struggling with addiction with compassion and empathy. The subreddit is a judgment-free zone where members can share their experiences without fear of stigma or shame. Members of the community are encouraged to listen actively and provide constructive feedback and support to those in need. The OpiatesRecover subreddit is a testament to the power of community and shows that addiction is a challenge that can be overcome with the support of others.

A total of 50,157 subreddit submissions and 190,095 associated comments were extracted for the period of 2012-02-16 through 2022-12-31 from the Opiates Recovery subreddit (<https://www.reddit.com/r/OpiatesRecovery/>). Of the total submissions and comments, 40,705 submissions and 190,095 comments were retained after cleanup (short text, null value removal). The following sections summarize each of the top 20 topics identified through topic modeling using the BERTopic library. The sections are formatted as follows: 1) Topic number plus the BERTopic description 2) Themes identified from OpenAI 3) Sentiment analysis results (note that while all sentiment scores are negative, the comments sentiment are generally more positive than the submissions sentiment) 4) Summaries of Submissions (each paragraph represents between 25 - 50 original submissions that have been summarized twice using abstractive summarization) and 5) Summary of comments (a brief summarization of the top 100 comments related to the topic).

Topic Number 1: 0_opiates_opiate_life_addiction

Topic Introduction

This text explores a series of personal stories and reflections on addiction to opiates and the journey to recovery. The stories highlight the challenges and complexities of addiction, including struggles with withdrawal symptoms, relapse, and making changes to one's life and routine. Many authors emphasize the importance of finding support from family, friends, or online communities, and stress the importance of perseverance and seeking help from professionals. The posts offer advice on coping with withdrawal and building healthy habits, and offer encouragement to others struggling with addiction. The overarching message is that while addiction can be a painful and difficult experience, recovery is possible and can bring hope and strength.

Themes

Opiate Addiction Recovery Opiate Addiction and Recovery	Recovery from Opiate Addiction. Opiate addiction and recovery.	Recovery from Opiate Addiction Opiate Addiction Recovery
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1612165	0.8387835	0.1961442	0.8038558

Summaries of Submissions

- **Opiate Addiction Recovery.** These are a series of personal stories and reflections on addiction to opiates and the journey to recovery. Some authors offer advice on how to overcome withdrawal symptoms, while others describe their own experiences of struggling with addiction and relapse. Some highlight the importance of finding support from family, friends, or online communities, while others acknowledge the challenges of making changes to one's life and routine. Many authors urge others to seek help and remind readers that it is never too late to turn their lives around. Overall, these stories convey the complex and painful nature of addiction, as well as the hope and strength that can come from recovery.
- **Recovery from Opiate Addiction..** This set of texts showcases a variety of experiences related to opiate addiction and recovery. Many have struggled with addiction for years, trying different methods to get clean and stay sober, such as therapy, mindfulness, yoga, kratom, and medication-assisted treatment like methadone or suboxone. Some have endured relapses, overdoses, and hospitalizations, but remain determined to overcome their addiction, offering support to others going through the same struggle. Many have found different ways to cope with the physical and mental symptoms of withdrawal, such as vitamin C, cannabis, or microdosing mushrooms. Despite the challenges and setbacks, all the authors emphasize the importance of perseverance, self-care, and seeking help from loved ones or professionals. Recovery is possible, and life can become much more fulfilling and peaceful without the grip of addiction.
- **Recovery from Opiate Addiction.** The Reddit posts cover a range of personal experiences with opiate addiction and recovery. Some authors celebrate their sobriety and offer encouragement to others struggling with addiction, while others reflect on the lasting effects of opioid use on their bodies and minds. Some authors detail their journeys towards sobriety and the challenges they faced along the way, while others offer advice on how to manage withdrawal symptoms and cravings. The posts emphasize the importance of seeking help and support, and highlight the potential for a better life after addiction.

- **Opiate Addiction and Recovery.** Several different individuals share their experiences with opioid addiction, including their struggles with withdrawal and their methods for recovery. Some found success through traditional detoxification methods, while others used vitamin C, tapering, or exercise to alleviate withdrawal symptoms. A few were able to quit cold turkey, while others used suboxone or other medications to wean themselves off. Some emphasized the importance of finding a support system, while others preferred to recover on their own. All stressed the difficulty of the addiction and the importance of taking things one day at a time, but also shared hope for long-term sobriety.
- **Opiate addiction and recovery..** Various individuals share their experiences with opiate addiction and recovery on a drug addiction subreddit. Some discuss their struggles with relapse and withdrawal symptoms, while others offer advice on coping with withdrawal and building healthy habits. One person found support through bodybuilding, while another found motivation through their newborn son. Several posters emphasize the importance of seeking help and relying on loved ones for support. The impact of addiction on mental health and decision-making is also discussed. One person shares their experience of being arrested and forced to withdraw in jail, which ultimately helped them to get clean. Overall, the posters offer encouragement to others struggling with addiction and highlight the challenges and rewards of recovery.

Brief Summary of Comments

The given advice aims to assist individuals in overcoming addiction. It is highlighted that getting off suboxone is difficult and has withdrawals, so one should not expect it to be easy. One should focus on their journey instead of comparing themselves to others on social media. It is recommended to take actions that can help to improve one's mental health, like exercise or a hobby, and fill the void that drugs have occupied. Honesty, finding joy in the present, not comparing oneself to the past, and avoiding the glamorization or demonization of addiction is also recommended. Other advice includes seeking support, keeping busy, believing in oneself, avoiding other substances for recovery, and understanding that drug use ultimately stops one from achieving their goals in life. It is important to stay alive and see what happens, count blessings, resolve trauma, cultivate new beliefs, and talk to a doctor about antidepressants if necessary. One should focus on healthy habits like exercise and a healthy diet and seek support in others' recovery journeys. Hot baths, physical activity, and finding purpose and meaning are recommended for coping with withdrawals and avoiding relapse.

Topic Number 2: 1_methadone_clinic_dose_taper

Topic Introduction

This article provides an overview of personal experiences related to addiction and recovery, specifically centered on the role of methadone and suboxone treatments. Individuals share their challenges, progress and concerns related to addiction, including relapse and managing withdrawal symptoms. Some authors highlight the benefits of medication-assisted treatment, while others share concerns about potentially getting addicted to these treatments. The overarching goal of all the authors is to achieve success in their individual journeys toward addiction recovery.

Themes

Methadone Treatment Journey	Methadone Recovery Struggles	Methadone addiction struggles.
Methadone detox experiences	Opioid Addiction Recovery.	Methadone Treatment Journey

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1139832	0.8860168	0.1481131	0.8518869

Summaries of Submissions

- **Methadone Treatment Journey.** The texts cover various individuals' experiences with addiction, especially to oxycontin and heroin, and their paths toward sobriety. Many turned to methadone as part of medication-assisted treatment and are either tapering down or have successfully quit. The process often involves challenging withdrawals, but these individuals share their stories to encourage others to persevere. Some struggled with relapses but were motivated to try again, while others remain grateful for the stability that methadone provides. Many also emphasize the importance of therapy alongside medication, as well as support from loved ones and the recovery community. Despite the difficulties, these individuals share a sense of hope for a better future.
- **Methadone Recovery Struggles.** The collection of summaries provided describe the experiences of various individuals struggling with addiction to opioids, and the role that methadone has played in treating their addiction. Some individuals document their experiences during withdrawal and recovery, while others share their thoughts on their use of methadone as an addiction management tool. Many of these individuals express a need for fellowship, support, guidance and compassion as they navigate the difficult and often stigmatized world of addiction and treatment. Despite sharing similar experiences, each author has a unique story and perspective on their addiction, highlighting the importance of individualized care and treatment.
- **Methadone addiction struggles..** A range of individuals struggling with addiction and/or undergoing methadone treatment have shared their experiences on an online forum. Some share their success stories after completing methadone detox, while others are seeking advice and support. One comedian is fighting for methadone access in jails, citing reduced overdose rates among inmates on methadone programs. A recovering addict is seeking advice on how to cope with consuming drug cravings, while another is looking to balance work and school while getting clean. Couples struggling with addiction together seek advice on detoxing separately. One individual who was prescribed high doses of methadone and fentanyl for a terminal illness is now trying to get off the drugs with the help of doctors and family. Others switch from methadone to suboxone or vice versa to address withdrawal symptoms and cravings. Some are experiencing post-methadone tapering withdrawal symptoms and seeking advice on how to cope.
- **Methadone detox experiences.** This post provides a variety of personal experiences related to methadone use and addiction recovery. Some authors have successfully detoxed from opioids using methadone, while others have struggled with negative physical and emotional side effects. Some struggle with relapse and self-sabotage, while others seek advice on transitioning from methadone to Kratom or how to manage panic attacks after quitting opiates. There are also concerns about employment drug screenings and the financial costs of long-term rehab. Overall, the authors seek support, encouragement, and advice from the community as they navigate their individual journeys towards recovery.
- **Opioid Addiction Recovery..** This collection of posts from an online forum focuses on individuals sharing their experiences with addiction and recovery, particularly regarding methadone and suboxone treatments. Some seek advice on how to begin the process of overcoming addiction, while others discuss their progress and challenges, including relapse and dealing with withdrawal symptoms. While some express concerns about becoming addicted to methadone or suboxone, others argue that these treatments have been helpful or ineffective for their recovery. Others ask for advice on related issues, such as diet during recovery or the use of marijuana to cope with addiction. Despite the different circumstances, all share a common desire to overcome addiction and improve their lives.

Brief Summary of Comments

The advice given in the provided text covers a wide range of topics related to recovery from opiate addiction. Some general themes that emerge include seeking support and accountability from healthcare providers, finding healthy ways to occupy time and cope with cravings, being patient with the process of healing, and considering a variety of options for treatment. Specific pieces of advice suggest being honest with healthcare providers about substance use, finding hobbies or interests to stay busy, seeking therapy and other forms of support, using medication-assisted treatment like methadone or suboxone with caution and under medical supervision, focusing on the emotional as well as physical aspects of recovery, and being kind to oneself during the difficult process of addiction recovery. Additionally, various other topics are addressed, such as tapering, the importance of building healthy habits, dealing with anxiety, and avoiding potential triggers and negative influences. Throughout the various pieces of advice offered, the message remains consistent that recovery is possible with determination, patience, and a willingness to seek help and take positive steps towards healing.

Topic Number 3: 2__oxycodone__taking__pain__days

Topic Introduction

The texts all discuss personal experiences with addiction to opioids such as oxycodone and OxyContin, and the challenges faced in trying to quit. The authors share their struggles with withdrawal symptoms, mental cravings, and emotional difficulties, but also express a desire to get clean and stay clean. Various strategies are employed, such as medication-assisted treatment, cold turkey, or using alternative substances like kratom or Xanax. The importance of seeking support from loved ones and online communities is emphasized, and the texts offer advice to others struggling with addiction. Overall, the texts explore the complexities and difficulties of opioid addiction and the journey towards sobriety.

Themes

Opioid addiction recovery. Opioid addiction and recovery.	Opioid Addiction and Withdrawal Opioid addiction struggles.	Opioid Addiction Struggles Opioid addiction recovery.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1222772	0.8777228	0.1633024	0.8366976

Summaries of Submissions

- **Opioid addiction recovery..** The individuals featured in this collection of Reddit posts have all struggled with opiate addiction, whether it be oxycodone, OxyContin, or kratom extracts. Their journeys towards sobriety have varied in success, with some experiencing physical withdrawal symptoms, mental cravings, and emotional ups and downs. However, common themes throughout these posts include a desire to get clean and stay clean for the sake of loved ones, seeking support from online communities, and trying various methods to cope with withdrawal symptoms. Some individuals have turned to medication-assisted treatment like suboxone, while others have gone cold turkey or used essential oils to soothe their bodies. Despite setbacks and relapses, many in the community express a commitment to staying on the path to recovery and supporting others who are struggling.

- **Opioid Addiction and Withdrawal.** The articles shared by the author detail their experiences with opioid addiction and withdrawal. Some have been addicted for years, while others started as a casual user and quickly became hooked. Many of them share their struggles, such as managing withdrawal symptoms, dealing with chronic pain, and seeking advice on how to overcome addiction. Some authors have found success in quitting and are grateful for the support from their loved ones and the community, while others are struggling to stay clean and avoid relapse. All of them emphasize the importance of seeking help and support, and the difficulties of addiction and withdrawal.
- **Opioid Addiction Struggles.** The posts describe various experiences with opioid addiction and attempts to quit or manage usage. Some individuals started using opioids for pain management or mental health concerns, while others began using recreationally. Many describe struggling with withdrawals and cravings during attempts to quit, while others detail the process of tapering off or seeking support from others. Some users mention using other substances to manage symptoms, such as kratom or Xanax, while others express concern for the impact of their addiction on relationships or work. Overall, the posts demonstrate the challenges and complexities of opioid addiction and the various strategies individuals use to cope and recover.
- **Opioid addiction and recovery..** This collection of posts all deal with addiction to oxycodone and the struggles of quitting. Some authors have legitimate reasons for being prescribed the drug, while others started using recreationally. Many are afraid of the withdrawal symptoms and are seeking advice on how to safely taper off the drug. Some have experienced relapses, whether due to a medical procedure or other life stressors. Despite the challenges, the authors are determined to quit and maintain sobriety, often with the support of their loved ones and community. Many offer advice to others struggling with addiction and encourage them to seek help and support.
- **Opioid addiction struggles..** The passages all share stories of individuals struggling with addiction to oxycodone or related opioids. Several individuals have become physically and mentally dependent after being prescribed medication for pain or surgery, while others have turned to opioids to treat anxiety and depression. Many have experienced the difficult process of attempting to taper off or quit cold turkey, with varying degrees of success. Some have sought out support from friends and family, while others have turned to online forums or anonymous communities. Many express feelings of shame, guilt, and fear of relapse, but also hope for recovery and a better future.

Brief Summary of Comments

The advice given in the various texts includes tips for individuals trying to recover from opiate addiction. It is recommended to focus on one's own recovery rather than one's partner's emotions, to seek external support, attend NA meetings or other recovery programs, and to taper down on oxy instead of opting for subs immediately. Withdrawal symptoms can last for a week or more, but there are various methods to alleviate them such as using Imodium, bland foods, clean clothes, hot showers, and staying busy. Acupuncture and other treatments can be used to control severe chronic pain. Opioids hijack the brain, but it can rebound over time without guilt, and it's easier to get clean again after relapsing. Additionally, it is essential not to underestimate the danger of cravings and seek help early. Withdrawal symptoms can be alleviated with comfort medications and staying hydrated. Having a positive attitude, setting attainable goals, discovering passions to replace opiates, and seeking professional help even without self-disclosure are also beneficial. Most importantly, one needs to remember the reason why they decided to quit and stay strong amid relapses.

Topic Number 4: 3_fentanyl_fent_suboxone_subs

Topic Introduction

This text presents various personal stories of individuals struggling with addiction to fentanyl. Despite some successes in recovery and alternative methods of detox, fentanyl is described as highly dangerous and causing

severe withdrawal symptoms. The authors stress the importance of seeking support and taking addiction one day at a time, as well as the crucial role of family and loved ones in supporting recovery. Coping mechanisms, such as distraction techniques, new hobbies, and therapy, are also discussed. The authors collectively express a desire to overcome their addiction and improve their lives.

Themes

Fentanyl Addiction and Recovery. Fentanyl Addiction Support	Fentanyl addiction and recovery. Fentanyl addiction struggles.	Fentanyl Addiction Struggles. Fentanyl Addiction and Recovery.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1034658	0.8965342	0.1179699	0.8820301

Summaries of Submissions

- **Fentanyl Addiction and Recovery..** The posts discuss the experiences of individuals who have struggled with addiction to fentanyl. Some have been successful in their recovery, with one person reflecting on how their life has drastically improved since leaving addiction behind. Others are currently struggling, seeking advice on how to manage withdrawal symptoms and cravings. Some have found alternative methods to detox, such as by taking vitamin C megadoses. However, the danger of fentanyl is emphasized, with some posters sharing stories of overdoses and the difficulty of quitting due to its powerful effects. Despite the difficulties, hope and encouragement are offered, with one individual sharing their success through exercise and another celebrating two years of sobriety. The importance of seeking support and help is stressed, as well as the need to take addiction one day at a time.
- **Fentanyl addiction and recovery..** The presented paragraphs describe the experiences of individuals who have struggled with addiction to fentanyl, a highly potent opioid. While some have successfully recovered, others are still battling with their addiction or have relapsed. The withdrawal process is described as intense and insufferable, and users are advised to seek support and ensure they have the necessary resources to endure the process. Some authors have found solace in online communities such as subreddits or NA meetings, while others have sought professional help to manage their addiction. The devastating impact that addiction has had on their lives and loved ones is highlighted throughout the narratives. Despite the challenges, there is hope for recovery and a promising future for those who have overcome their addiction to fentanyl.
- **Fentanyl Addiction Struggles..** The texts summarize firsthand experiences with fentanyl addiction, including struggles with withdrawal symptoms, attempts to quit using weaker opiates like T3s or Suboxone, and concerns about relapse and cravings. Some authors have successfully quit using Suboxone or rehab programs, while others have relapsed and faced severe consequences. Family members and loved ones play a crucial role in supporting recovery, but relapse can damage relationships and erode trust. Some authors also discuss the difficulty of dealing with chronic pain and the temptation to self-medicate with opioids. Ultimately, quitting fentanyl requires commitment, self-awareness, and a strong support system.
- **Fentanyl Addiction Support.** This article contains various personal stories of individuals struggling with fentanyl addiction and seeking help with withdrawal. Some have been successful in quitting and are seeking support to stay sober, while others are currently in the thick of addiction, experiencing

withdrawals, and searching for relief. Some have tried suboxone or other medications, while others are wary of becoming dependent on another drug. Many of the writers are seeking advice, support, and guidance on how to cope with their addiction and withdrawal symptoms, and some are looking for specific methods such as the Bernese method or micro-induction to make quitting easier.

- **Fentanyl addiction struggles..** Multiple individuals are sharing their experiences and seeking advice on quitting fentanyl and other opioids. Some have been successful in quitting, while others are struggling with relapse and withdrawal symptoms. The various posts mention the use of drugs to alleviate withdrawal symptoms, such as suboxone and Lyrica. The authors also discuss the difficulty of coping with constant thoughts of drugs and the importance of finding ways to distract themselves, such as therapy or new hobbies. Some are seeking guidance on detoxing at home versus in a medical setting and the safety of different methods. Overall, the authors express a desire to overcome their addiction and improve their lives.

Brief Summary of Comments

The given text provides advice for individuals undergoing detox and addiction recovery. The advice varies, but some key points include staying hydrated, taking pain medication, and seeking professional help for successful detox. Additionally, it is important to develop a recovery plan and practice self-care during withdrawal by taking showers and engaging in healthy habits like exercise and eating well. Therapies such as yoga and pranayama can provide natural relief from withdrawal symptoms, while Kratom and Imodium can also help manage symptoms. It is essential to avoid triggers, surround oneself with supportive individuals, and remember that relapse is normal but learning from it can lead to longer periods of sobriety. The text emphasizes the risk of fentanyl and urges individuals to stay away from Tramadol and opiates in general. Benzos and Gabapentin can help with relief, and individuals can use hot showers, heating blankets, and walking for temporary relief. In conclusion, individuals should prioritize self-care and seek professional assistance for successful detox and addiction recovery.

Topic Number 5: 4_suboxone_dose_subs_withdrawal

Topic Introduction

This text is a collection of personal experiences and advice related to Suboxone use and withdrawal from various online forums. The posts discuss topics such as tapering off the medication, managing withdrawal symptoms and related issues such as mental health and relationships, and seeking support from others. Some authors have successfully tapered off while others struggle with withdrawal symptoms and side effects. The texts emphasize the challenges of addiction recovery and the importance of seeking support and resources.

Themes

Suboxone Taper and Withdrawal Experiences	Suboxone Withdrawal Experiences	Suboxone withdrawal experiences.
Suboxone withdrawal experiences	Suboxone Withdrawal Advice	Suboxone Taper and Withdrawal Experiences

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1395198	0.8604802	0.1590905	0.8409095

Summaries of Submissions

- **Suboxone Taper and Withdrawal Experiences.** These texts share experiences of individuals who have gone through or are going through the process of getting off suboxone, a medication used to treat opioid addiction. Some authors have successfully tapered off, while others are struggling with withdrawal symptoms and side effects. Many express hope, gratitude for support, and a desire to share their experiences to help others. The process is described as difficult but possible, and some authors recommend a slow taper to reduce the intensity of withdrawal symptoms. Exercise is also recommended as a helpful distraction and mood booster. Overall, these texts highlight the challenges and triumphs of addiction recovery and the importance of seeking support and resources.
- **Suboxone Withdrawal Experiences.** This text is a collection of personal experiences and requests for advice related to suboxone use and withdrawal. Individuals share their stories of tapering off and experiencing withdrawal symptoms, seeking advice on managing symptoms, finding the right doctor or medication, and achieving long-term sobriety. Some authors have successfully tapered off suboxone with minimal symptoms, while others struggle with anxiety, cravings, and other post-withdrawal symptoms. Some seek advice on dosing strategies, supplements, or over-the-counter remedies to alleviate symptoms, while others share concerns about their lack of motivation or connection with others. Despite the range of experiences, many authors express a desire for support and encouragement to continue on their journey towards sobriety.
- **Suboxone withdrawal experiences..** The posts on r/opiatesrecovery cover a range of experiences with Suboxone, including starting and stopping medication, tapering off, experiencing withdrawal symptoms, and seeking advice on managing symptoms. Many individuals express concern about the potential difficulty of getting off Suboxone, while others seek advice on how to manage symptoms or deal with related issues such as physical pain, relationship difficulties, or mental health challenges. Many encourage each other and seek advice from those who have gone through similar experiences, while others share their own successes or struggles, offering insight and support to others in similar situations.
- **Suboxone withdrawal experiences.** This set of posts is a collection of personal experiences related to Suboxone use and withdrawal. One person has relapsed and is hiding their Suboxone doses, another is experiencing mental effects such as difficulty concentrating, anxiety and depression, while others are discussing their efforts to wean themselves off the drug. Some report having manageable withdrawal symptoms, whereas others have more severe symptoms such as stomach pain, vomiting, and insomnia. Some are looking for advice on how to quit or taper off, while one person is seeking suggestions for relief from their severe insomnia and restless leg syndrome. The posts provide a glimpse into the struggle of addiction and the challenges of quitting Suboxone.
- **Suboxone Withdrawal Advice.** The various posts on a suboxone forum exchange individuals' experiences with using suboxone to treat opioid addiction, as well as advice on tapering off the medication while minimizing withdrawal symptoms. Some posts express concerns over long-term suboxone usage and potential side effects, while others seek guidance on the best method for tapering from various dosages. Many ask for advice on how to handle withdrawal symptoms, including anxiety, depression, and physical pain. Some posts also explore managing drug use while attempting to maintain healthy relationships and daily activities. Overall, the forum offers a space for individuals to share their stories and seek support from others navigating similar challenges in their addiction and recovery journey.

Brief Summary of Comments

The advice given revolves around tapering and seeking medical assistance for quitting Suboxone. It is recommended to slowly taper off to a low dose before quitting and seek medical assistance if necessary, such as detox or rehab. It is important to avoid substituting one addiction with another, such as alcohol. Accepting the symptoms and giving it time while taking care of one's body with good nutrition, exercise, and hydration is also recommended. Expecting symptoms when quitting and remaining strong is important. Long-term use of Suboxone should be approached with caution, and PAWS (post-acute withdrawal syndrome) is a real struggle, but it will pass. Reminding yourself why you quit and seeking support is crucial, as well as finding solace in whatever helps you cope. It is suggested to avoid taking Seroquel during opiate withdrawal and seeing a doctor for symptoms lasting more than a year after stopping Suboxone. Other advice includes trying new things and exercise to find pleasure in life without drugs, managing emotions with professional help or writing and exercising, and finding passion in life. The first piece of advice is that the loss of sex drive could be related to a high dose of medication and should return once the medication is stopped. Secondly, tapering slowly using the every other day method can be effective in avoiding withdrawals. Next, in order to combat withdrawals, one should stay hydrated, eat nutritious food, avoid caffeine and sugar after withdrawal and power through the symptoms to get their life back. Mirtazapine can also help with withdrawals. It is possible to detox from heroin and stay clean, but it takes time and support. Every time you take opiates the timer resets for withdrawal symptoms, which leads to a vicious cycle. Don't use any opiates at all after detox. It's normal to feel anxious and struggle with insomnia after detox, and taking hot baths to help the body relax and speaking to a therapist can be helpful. Lastly, one should give themselves time as the mind will eventually rewire itself and they will start feeling like their old self again.

Topic Number 6: 5_hes_boyfriend_heroin_clean

Topic Introduction

These anonymous Reddit posts illustrate personal experiences with addiction and its impact on relationships. The stories are varied, with some authors grappling with their own addiction while others confront the addiction of their partner. Themes of relapse, grief, and the complexities of recovery are common throughout the posts. Seeking advice and validation, the authors offer hope to others facing similar struggles, while highlighting the need for compassion and support for those affected by addiction. The posts paint a difficult picture of addiction's toll on relationships, but ultimately offer a reminder that recovery is possible.

Themes

Dealing with Addiction Struggles. Addiction struggles in relationships.	Loved ones of addicts Dealing with Relapse.	Tackling Drug Addiction. Heroin addiction struggles.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1595111	0.8404889	0.1393242	0.8606758

Summaries of Submissions

- **Dealing with Addiction Struggles..** These are 23 different personal stories and experiences with addiction and recovery. They include struggles with addiction, relapses, relationships with addicted

partners, grief over lost loved ones to addiction, and successful journeys towards recovery. The authors seek advice and validation, share their pain and heartache, and offer hope to others facing similar struggles. Some have found solace in being with another recovering addict, while others struggle with enabling or leaving their addicted partner. The stories highlight the power of addiction and the need for compassion, understanding, and support for those suffering from addiction and their loved ones. Ultimately, they offer a reminder that recovery is possible and that hope exists even in the depths of addiction.

- **Loved ones of addicts.** This collection of anonymous Reddit posts centers around the struggles and experiences of loved ones of those battling addiction to a variety of drugs, from heroin and opioids to THC and kratom. The authors grapple with feelings of helplessness, anxiety, and betrayal as they try to support their partners during relapses and attempts at sobriety. Many seek advice on how to best navigate the complexities of addiction and express hope for their loved ones' recovery. Some have been impacted firsthand by addiction and are on their own journeys towards sobriety. Overall, the posts illustrate the difficult realities of addiction and the toll it takes on those affected by it.
- **Tackling Drug Addiction..** These are a collection of anonymous Reddit posts seeking advice and support related to drug addiction and relationships. The themes vary, but many posts involve a partner struggling with addiction and worrying about their loved one's well-being. Other posts involve authors reflecting on their own struggles with addiction and their efforts to manage the challenges of early sobriety. Common challenges include issues of trust, communication, and whether to seek help from groups like Al-Anon or Nar-Anon. Many seek advice on how to support their partner while also taking care of their own mental health.
- **Addiction struggles in relationships..** This text is a collection of personal stories from individuals who have experienced addiction or have been affected by addiction. The stories vary widely, from a woman dealing with her boyfriend's addiction while being pregnant, to a person seeking advice on getting clean from multiple substance addictions while in a relationship with someone who also struggles with addiction. Many of the stories involve past relapses and the constant fear of potential relapses in the future. Despite the difficulties, many are looking for advice on how to cope and support their loved ones during the recovery process.
- **Dealing with Relapse..** These are a series of summaries of the struggles of loved ones, who are going through or have experienced addiction with their partner, spouse or boyfriend/girlfriend. There are a range of situations, from new partners who have just discovered their significant other's addiction, to those who have been together for years struggling with relapses and trying to find the right way to support their partner. Some are seeking advice on how to navigate the various stages of rehab, recovery, and relationships, while others are trying to understand how addiction works and what behaviors to look out for. The common thread throughout all the summaries is the pain, confusion, hurt, and fear that addiction brings into lives, and the desire to find a way to move forward, both individually and as a couple or family.
- **Heroin addiction struggles..** Several Reddit posts discuss addiction and its impact on relationships. One woman is seeking advice on her partner's heroin addiction, which has become regular recently, while some Redditors suggest leaving him while others suggest seeking help for him. Another poster is searching for ways to help her fiancé cope with Post-Acute Withdrawal Syndrome, caused by his addiction to heroin. A third poster is reaching out for help, as they are struggling with addiction and their partner does not understand the difficulty of addiction. In another post, a recovering addict is seeking advice on how to mend the relationship with their fiancé after relapsing multiple times, causing her to call off the wedding. Lastly, one writer is struggling to stay sober while their partner is using and wants to know how to separate their addiction from their partner's and maintain sobriety.

Brief Summary of Comments

The advice provided pertains to dealing with addiction or living with an addict partner. Firstly, one must recognize that they cannot control their partner's addiction and consider if their partner is seeking treatment

or working a program for higher success rates. It is important to be supportive and give space while setting boundaries and sticking to them. One must remember that addiction is not about the partner and refrain from treating them like a child or constantly accusing them of using. Enabling should be avoided, but one should not give up hope either. If the partner lies, one should be cautious and consider building their own life and healing. It is suggested not to read the partner's private conversations or follow them around. Detox and recovery can be incredibly difficult and painful experiences, and therefore, seeking out Al-anon or support groups is encouraged. It is crucial to take care of oneself and focus on their physical and emotional well-being. Being supportive, non-judgmental, and ready to listen to the addicted partner in their recovery journey is essential, but one must find a balance between being supportive and not enabling or being a crutch for them. The advice given revolves around supporting someone with opioid addiction. The first point is to not let your partner take opioids again, even if they hide it. Next, seek professional help like rehab or counseling programs. It's important to try different treatments and therapies that work, as not everything works for everyone. Be supportive and understanding, but don't take their drug use personally. It's important to understand that relapse can happen, so take care of yourself and look for support if needed. Changing your environment is also an option if it's challenging to stay clean. Be patient, but don't push your partner into recovery, but offer support and understanding. Attend support meetings like NarAnon or AlAnon to find a community. Don't give up even if there is a relapse, but don't make excuses for their behavior either. The advice concludes that suboxone can be an option for addiction and that getting an addict into a rehab facility as soon as possible is critical.

Topic Number 7: 6_sober_life_feel_time

Topic Introduction

This collection of posts provides personal accounts of addiction and recovery, along with insights and advice from different individuals. The authors' stories vary from successful sobriety for an extended period, to struggles with relapses and difficulties in staying clean. The challenges of addiction, including withdrawals, cravings, and mental health issues, are discussed, alongside strategies such as medication-assisted treatment and attending meetings. The writers also express gratitude for the support received from online communities and their determination to maintain sobriety and transform their lives.

Themes

Struggles of Sobriety Overcoming Addiction Struggles	Struggles with Addiction Struggles with Addiction	Struggles with Sobriety Struggles of Sobriety
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1334996	0.8665004	0.103897	0.896103

Summaries of Submissions

- **Struggles of Sobriety.** A Redditor expresses their gratitude for the support they received from online communities during their early withdrawal, which enabled them to achieve 181 days of sobriety. They admit that it wasn't easy, but they are now a different person and are discovering their true self. Although they briefly tried to drink again, they recognised their addictive tendencies and stopped

before it became a problem. The Redditor encourages others to believe that if they can do it, anyone can. They thank those who shared their experiences and inspired them on their journey.

- **Struggles with Addiction.** These are various personal stories and reflections on addiction and recovery. Some authors reflect on their journeys to sobriety after being addicted to drugs such as heroin, pills, and weed. They discuss the challenges of withdrawals, depression, and relapse, as well as the benefits of having stable jobs, families, and support systems. Several authors seek advice on maintaining sobriety, managing mental health, and navigating triggers and cravings. They also highlight the importance of getting help through detox, inpatient treatment, therapy, and AA. Some authors express gratitude for their personal transformations and newfound joy in life after overcoming addiction. Others, however, still struggle with self-doubt, loneliness, and anxiety, questioning whether long-term sobriety is possible. Ultimately, they all share a desire to connect with others who understand their struggles and offer support and encouragement to those who seek help.
- **Struggles with Sobriety.** Various individuals struggling with addiction have shared their stories and seek advice and support. Some are struggling with the challenges of staying sober and seek motivation and encouragement. Others are seeking advice on how to handle withdrawals and are considering different methods, such as suboxone, to help with their addiction. Some have been clean for years but still struggle with socializing sober, while others are just starting their journey towards sobriety. Regardless of their situation, they all acknowledge the difficulty in maintaining sobriety but express a desire to stay clean and live a better life.
- **Overcoming Addiction Struggles.** Throughout this collection of posts, various individuals share their experiences with addiction and sobriety. Some have successfully achieved sobriety after years of addiction, while others continue to struggle and relapse. Many reflect on the difficulties of quitting addiction and the challenges they face, including cravings, anxiety, and depression. However, there is also hope and encouragement found in the posts, as individuals share their successes, such as gaining employment, gaining healthy relationships, and rediscovering hobbies and passions. Several individuals offer advice and suggestions for coping with addiction and maintaining sobriety, including exercise, medication-assisted treatment, and attending meetings. Despite their different experiences and struggles, these individuals share a common goal of trying to overcome their addiction and live a positive life.
- **Struggles with Addiction.** These are six different accounts of individuals who have struggled with addiction and are now in the process of recovery. Each author has a unique experience with sobriety, from finding it challenging to stay sober despite pursuing various avenues of help or celebrating 90 days of sobriety. Some authors are seeking advice or suggestions, such as strategies to stay sober when triggered, how to manage depression during the withdrawal process, or how to regain their concentration to return to school. All authors acknowledge the importance of support from like-minded people and share their stories to inspire others that it is possible to lead fulfilling lives without drugs and alcohol.

Brief Summary of Comments

The advice given in the text revolves around achieving and maintaining sobriety. The primary focus is on seeking help from therapy or support groups, such as NA or Smart Recovery, and surrounding oneself with others in recovery. The importance of self-awareness and self-care is emphasized. Natural sources of pleasure and dopamine should be embraced to avoid relapse. Negative aspects of addiction and past experiences should be focused on, and drug-related contacts should be blocked and deleted. Regular meetings and accountability should be committed to. The benefits of being clean and making positive lifestyle changes beyond just quitting drugs should be focused on. Additionally, avoiding alcohol is suggested, as it can trigger cravings for drugs. Seeking support from loved ones and finding ways to improve life without drugs is also essential. Finally, it is emphasized that addiction is not the individual's fault and seeking help is crucial for recovery. The advice suggests that staying motivated and determined to push through hard times and seeking support and help when needed will lead to achieving and maintaining sobriety.

Topic Number 8: 7_sleep_days_stomach_anxiety

Topic Introduction

The text discusses the experiences of individuals who are currently recovering from drug addiction, highlighting the physical and mental challenges associated with withdrawal symptoms. Some writers detail the various methods they are using such as supplements, medication, exercise, and nutrition to manage their symptoms. Although some are feeling positive and seeing improvement in their mood and health, others are experiencing intense negative emotions and fatigue. The texts emphasize the importance of community support, perseverance and taking things one day at a time to reach recovery. The writers encourage others who are in the same journey to stay strong and seek help when needed.

Themes

Overcoming addiction withdrawals.	Subreddit posts on substance withdrawal.	Overcoming Drug Addictions
Withdrawal Symptoms	Overcoming addiction withdrawals.	Subreddit posts on substance withdrawal.

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.154886	0.845114	0.2904289	0.7095711

Summaries of Submissions

- **Overcoming addiction withdrawals..** These texts detail experiences of addiction recovery and withdrawal. Many authors are grateful for the support they have received from their communities and families. While some are feeling better despite negative symptoms, others struggle with physical and mental pain, anxiety, and depression that are common among withdrawal symptoms. Many have turned to alternative medicines like CBD, cannabis or supplements for relief. The texts often depict a day-by-day approach towards recovery, even amid grief and loss or other life stressors. Despite various challenges, there is optimism among the authors, who encourage others to stay strong, take things one day at a time, and seek help when needed.
- **Subreddit posts on substance withdrawal..** The collection of posts detail the experiences of individuals going through withdrawal from substance use. Some are on day 5 and feeling better, while others are on day 90 and still experiencing symptoms. The writers offer advice, encouragement, and support to others struggling with the same issues. Many mention the physical symptoms they are experiencing, such as stomach issues, fatigue, and sleep disturbances. Others mention the mental health issues that come with withdrawal, such as anxiety and depression. Through it all, the writers encourage readers to persevere and believe that it is possible to overcome addiction and experience a better life on the other side.
- **Overcoming Drug Addictions.** This text is a compilation of various updates and experiences from people who are recovering from drug addiction. Some have successfully overcome their addiction and are sharing their progress and the positive changes they have experienced in their lives, such as improved mood, energy, and relationships. Others are in the early stages of recovery and struggling with withdrawal symptoms, anxiety, and cravings. Despite the challenges, they are determined to stay

sober and are seeking advice and support from others who have gone through similar experiences. Many express gratitude for the online recovery community and offer encouragement to others who are on the same journey. Overall, the texts highlight the physical and mental toll of addiction, as well as the strength and resilience of those who are actively working to overcome it.

- **Withdrawal Symptoms.** These excerpts detail the struggles and triumphs of individuals in recovery from opioid addiction. Several individuals are experiencing withdrawal symptoms, including insomnia, anxiety, chills, and restless leg syndrome. Many are taking supplements and medication to manage symptoms, exercising regularly, and focusing on their nutrition. While some are feeling more optimistic and noticing improvements in their health and mood, others are struggling with intense negative emotions and difficulty sleeping. It is clear from these accounts that the recovery process can be challenging and different for everyone, but support from friends, family, and the community can make a significant difference in achieving success.

Brief Summary of Comments

The text provides a range of advice for those going through opiate withdrawal. It emphasizes the importance of taking the process one day at a time and reminding oneself that the pain will eventually be worth it. The advice also includes suggestions for physical symptoms such as trying Gabapentin or Kratom, and using yoga and exercise to help with sleep. For mental and emotional symptoms, one should go for walks, write their feelings down, and talk to others. Post-acute withdrawal plans should be put in place and professional support should be sought. It is also essential to have a solid support system in place for when PAWS comes about. The advice emphasizes that while the process may be challenging, staying sober and abstaining from drugs is a significant accomplishment, and relapses are natural. Sobriety can be a positive force, leading individuals to think positively about the future. Overall, resiliency and seeking support and self-care are key considerations for those going through this process.

Topic Number 9: 8_kratom_grams_withdrawal_taking

Topic Introduction

The given text contains a summary of various posts discussing the experiences of individuals using Kratom to manage opiate addiction and withdrawal symptoms. The authors share their personal stories and opinions related to the use of Kratom as a substitute for opiates during withdrawal, discussing its efficacy and potential for addiction and withdrawal symptoms. The text also includes mention of government attempts to ban Kratom, and the controversy related to its safety and potential long-term effects. Despite the challenges of overcoming addiction, many users seek to support and offer encouragement to others in similar situations.

Themes

Kratom as a Substitute for Opiates	Kratom and Opiate Withdrawal	Kratom as Addiction Aid
Kratom and Addiction.	Using Kratom for Withdrawal	Kratom as a Substitute for Opiates

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1541759	0.8458241	0.2081002	0.7918998

Summaries of Submissions

- Kratom as a Substitute for Opiates.** These summarized posts discuss the experiences of individuals using or quitting Kratom, a plant that produces opioid-like effects. One woman credits online forums for helping her quit a daily addiction to pressed blues, while another individual with a 13-year opiate habit has found Kratom to be more euphoric than hydro. Another user struggled to quit opiates after six months of backpacking in South America and is currently experiencing cravings in the jungle. Some posts caution others of Kratom's potential to cause addiction and withdrawal symptoms, while others praise it as a substitute for pain relief. There is also mention of the DEA's attempt to ban Kratom and one person's negative experience with the plant causing panic attacks and depression. Despite the challenges of quitting, some individuals have successfully overcome their addiction and offer encouragement to others struggling with the same issue.
- Kratom and Opiate Withdrawal.** These forum posts describe personal experiences and opinions related to the use of Kratom as a tool to overcome opiate addiction. Some users credit Kratom with helping them through the withdrawal process, while others caution against potential addiction and dependency. The different effects of various strains of Kratom are discussed, and concerns are raised about the potential harm caused by a government ban on the substance. Users seek advice on how to quit and manage withdrawal symptoms, as well as whether Kratom can be effective for their specific circumstances. Overall, these posts demonstrate the complex experiences and diverse opinions surrounding the use of Kratom as a tool for addiction recovery.
- Kratom as Addiction Aid.** These are a collection of Reddit posts related to the use of Kratom as a substitute for opiates during withdrawal. Some users have found relief with Kratom, while others warn against becoming addicted to it instead. One user seeks advice regarding weaning off Kratom while another fears taking it due to its similarities to opioids. The drug's effectiveness is controversial, with some calling for its legalization while others warn against its long-term effects. Overall, there is both caution and curiosity among those seeking relief from opiate addiction.
- Kratom and Addiction..** The text discusses various experiences and perspectives related to kratom use in managing opiate withdrawal and addiction. The authors share their personal journeys with kratom, including dosages, tapering plans, and concerns about addiction and relapse. Some seek advice on the appropriate use of kratom to manage withdrawal symptoms, while others are struggling to quit or looking for alternatives to kratom. Several authors express disappointment with relapsing or facing resistance from loved ones. The text highlights the challenges of managing opiate addiction and navigating treatment options. It also emphasizes the importance of using kratom responsibly to avoid addiction and dependency.
- Using Kratom for Withdrawal.** These posts describe the experiences of individuals struggling with addiction to drugs such as Roxy, heroin, morphine, and oxycontin. Many are using kratom, a substance that can help with withdrawal symptoms, to try and quit these drugs. Some are also considering using suboxone or naltrexone for detox, while others have already been on these medications for extended periods of time. They share their experiences with the different methods of tapering off these drugs and dealing with the many unpleasant symptoms of withdrawal. They also discuss the potential risks and benefits of different substances, as well as the stigma they face for using them. Overall, there is a sense of optimism and support within these posts, as people seek guidance and solidarity in their efforts to overcome addiction.

Brief Summary of Comments

The advice given in the text regarding addiction to Kratom and other opiates includes recognizing that everyone's addiction and situation is unique and requires individualized help. It is important to find something positive to invest one's time in, such as a hobby, to avoid relapsing. Hydration and vitamin C can be helpful during withdrawal, and it is essential to avoid dosing with Kratom again if one wants to quit for good. Kratom can be addictive, so it is necessary to be cautious when using it, pay attention to one's own situation, and plan a taper when using it for maintenance. Additionally, seeking professional help and treatment for addiction is recommended instead of trying to quit on one's own. The advice given in the comments includes using Kratom as a harm reduction tool, but not for curbing cravings as it can lead to addiction. It is also essential to be cautious with Phenibut and avoid switching from one addiction to another. Finally, it is crucial to find alternative ways to reward oneself rather than using drugs and seek support from meetings, exercise, fulfilling work, and a reliable support system.

Topic Number 10: 9_heroin_suboxone_withdrawals_hours

Topic Introduction

This collection of Reddit posts focuses on individuals struggling with heroin addiction and their attempts to detox and recover. The posts range from individuals seeking advice on quitting, managing withdrawal symptoms, and dealing with relapse. Some are using alternative treatments or medications to manage cravings and withdrawals, while others are hoping to taper off without replacement opioids. The common goal for all writers is to achieve sobriety and overcome the overpowering addiction to heroin that has caused them to lose jobs, money, and relationships. Despite the challenges, there is hope that they can break the cycle of addiction and regain control of their lives.

Themes

Heroin withdrawal journeys. Heroin withdrawal experiences.	Heroin addiction struggles. Heroin Addiction Recovery.	Heroin addiction struggles. Heroin withdrawal journeys.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3741431	0.6258569	0.3436231	0.6563769

Summaries of Submissions

- **Heroin withdrawal journeys..** These texts all revolve around individuals struggling with heroin addiction and their attempts to detox and recover. Many of the authors have tried various methods such as suboxone, methadone, and DXM to manage withdrawal symptoms and cravings, while others attempt to detox without any replacement opioids. Some authors seek advice on how to support loved ones during detox, while others describe feeling alone and afraid of relapse. The ultimate goal for each author is to achieve sobriety and overcome the overpowering addiction to heroin that has caused them to lose jobs, money, and relationships.

- **Heroin addiction struggles..** This collection of posts all center around the struggles of drug addiction, primarily to heroin. Many authors share their experiences with addiction, relapse, and detox, seeking support and advice from fellow forum users. Some have turned to alternative treatments such as ibogaine or Lyrica, while others are hoping to taper off with the help of Suboxone or other medications. Many express feelings of hopelessness and fear of relapse, but all are looking for guidance and encouragement as they try to break free from their addiction.
- **Heroin addiction struggles..** This collection of posts revolves around individuals struggling with heroin addiction in various stages of their journey. Some are seeking advice on how to quit, manage withdrawal symptoms, and deal with relapse. Others are worrying about the long-term impact of addiction on their physical and mental well-being. However, all are searching for a way to break the cycle of addiction and regain control of their lives. Some are using suboxone or lope for tapering, while others are seeking natural supplements or professional help from therapists or naturopaths. Despite the challenges, there is hope that they can overcome their addiction and live a clean, healthy life.
- **Heroin withdrawal experiences..** The posts are all about individuals struggling with heroin addiction and seeking advice and support on how to quit. They range from individuals sharing their experiences with withdrawal symptoms to seeking advice on how to manage symptoms while quitting. Some have successfully quit and are seeking advice on how to remain sober, such as managing mental health symptoms and disclosing their past addiction to new relationships. Others are in the process of quitting and are experiencing physical and mental struggles, such as anxiety and insomnia. Many are seeking advice on the use of suboxone and subutex to help with withdrawals or tapering, and some are concerned about the potential side effects and dependence on these medications. All seek the support and understanding of the community.
- **Heroin Addiction Recovery..** The following is a collection of short summaries of various Reddit posts related to heroin addiction and recovery. One writer has been smoking heroin for five months, feels guilty and afraid, and is worried about withdrawal symptoms. Another person suspects they have a bacterial infection from snorting heroin and is considering going to the emergency room but doesn't want to disclose their drug use. Others are seeking advice on quitting heroin, managing withdrawal symptoms, and switching to other drugs to detox. One person is struggling with depression and anxiety after quitting heroin and is looking for advice on managing symptoms. Another writer has been dealing with a needle addiction for four years and is currently experiencing withdrawal symptoms. Another writer's husband recently confessed to using heroin, is facing withdrawal symptoms, and is worried about a possible drug test. Finally, one person has successfully quit heroin before but keeps relapsing and is asking for support and advice.

Brief Summary of Comments

The advice provided in these texts revolves around managing withdrawal and maintaining sobriety during opioid addiction recovery. Recovery isn't linear, and slip-ups can happen, but it's important not to let them spiral out of control. It's also important to document the negative effects of withdrawal to avoid relapse and seek medical assistance if necessary. Various medications, such as methadone and Suboxone, can be used to manage withdrawal symptoms but have their own negative side effects and may lead to dependency. Therefore, it's recommended to taper off these medications and try natural supplements or other therapies to alleviate withdrawal symptoms. Establishing a routine that includes exercise, meditation, and hobbies can also help maintain sobriety. It's crucial to avoid relapse triggers, seek help from professionals or support groups, and be honest with loved ones about addiction and relapse. In some cases, rehab may be the only effective solution, but it requires enduring withdrawal for a week. Overall, a strong focus and determination to get through withdrawal and maintain sobriety is necessary. The advice given in this text revolves around addiction recovery and treatment. Firstly, if someone is feeling better, they should consider skipping Kratom. Addiction is a powerful disease but one can recover with professional help. Mental health issues should be taken seriously and one should seek the help of a professional. Personal support is also crucial for recovering from addiction. Johann Hari's book "Chasing The Scream" is recommended reading.

For addiction treatment, Suboxone can be an option and quitting drugs cold turkey can be dangerous without professional help. It is important to stop using drugs immediately to prevent worsening withdrawal symptoms. Experimenting with drugs is not recommended. Addiction requires a full-time commitment and one should not be a part-time addict. Before getting the Vivitrol shot for addiction, one should be honest with their doctor since it blocks the effects of opiates, helping with cravings. Overall, seeking professional help and support is important for addiction recovery.

Topic Number 11: 10_codeine_tablets_taking_paracetamol

Topic Introduction

The following articles discuss the experiences of individuals who are struggling with codeine addiction and the challenges they face during withdrawal. Many of the authors have been using codeine for an extended period and are now suffering from physical and mental symptoms. Some individuals are seeking guidance on how to taper their dosage safely or to quit entirely, while others are trying to quit cold turkey. The articles highlight the complexity and difficulty of addiction and emphasize the importance of support from medical professionals and online communities. Additionally, some individuals have successfully tapered down their dosages using alternative methods like kratom but continue to suffer symptoms.

Themes

Codeine addiction struggles.	Codeine addiction and withdrawal.	Codeine addiction struggles
Codeine addiction struggles.	Codeine withdrawal struggles.	Codeine addiction struggles.

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1687141	0.8312859	0.1015732	0.8984268

Summaries of Submissions

- **Codeine addiction struggles..** A series of Reddit posts share the experiences of various individuals addicted to codeine and their struggles with quitting. One former nurse developed an opioid addiction while working in palliative care and turned to doctor shopping and eventually stronger painkillers, including fentanyl. A 25-year-old woman in the UK lost tolerance for discomfort and began using several drugs including cocaine, ketamine, tramadol, valium, morphine, and dihydrocodeine. A 19-year-old began self-medicating with codeine as a coping mechanism and became dependent on consuming multiple pills daily. Another individual had been using codeine at the maximum dosage for six years and experienced withdrawal symptoms. Some authors decided to quit cold turkey, while others planned to taper off the medication. Many shared their concerns about withdrawal symptoms and sought advice and support from the online community.
- **Codeine addiction and withdrawal..** The articles all discuss struggles with codeine addiction and withdrawal. Many of the authors have been using codeine for several years and are now suffering from various symptoms such as fatigue, depression, anxiety, stomach damage, and withdrawal pains which they are managing with ibuprofen or paracetamol. Some are seeking advice on how to taper their dosage and safely end their addiction or seek professional help from a drug clinic, while others

are trying to quit cold turkey. Many have relapsed after attempting to quit or have replaced codeine with other addictive substances. Some authors express a willingness to die or contemplate suicide because they are unable to alleviate their emotional pain and physical discomfort while others have found support through online communities and help from doctors and family members.

- **Codeine addiction struggles.** Many individuals have shared their struggles with codeine addiction and the various methods they have used to try to quit the opioid. Several individuals describe going through cold turkey withdrawals, experiencing physical symptoms such as sweating, diarrhea, and restless legs, and mental symptoms such as anxiety and depression. Some have found success with tapering gradually or using medications such as loperamide or Valium to ease withdrawal symptoms. Others, however, continue to struggle with their addiction and seek advice from others on how to quit the drug. Some have also experienced negative effects on their mental health, with anxiety and paranoia affecting their relationships and daily life. Overall, these experiences showcase the difficulty of quitting codeine addiction and the need for support and advice from others.
- **Codeine addiction struggles..** The articles all deal with individuals struggling with codeine addiction, exploring their experiences with withdrawal and attempts to quit. Some individuals are seeking advice on tapering methods, while others have relapsed or worry about future relapse. Withdrawal symptoms such as restless legs, anxiety, and loss of appetite are common, with some experiencing more severe symptoms than others. Many express concerns over the limited support available in the UK, with addiction centers and GPs often failing to provide adequate assistance. Overall, the articles demonstrate the complex and challenging nature of addiction and the difficulties individuals face in overcoming it.
- **Codeine withdrawal struggles..** Many individuals are struggling with codeine dependence and withdrawal symptoms after prolonged use. Symptoms can range from physical pain, excessive bowel movements, and sweating to anxiety, depression, and insomnia. Some individuals are seeking advice on tapering and coping strategies, while others are seeking support and legal suggestions to help manage their symptoms. Some are worried about losing personal and professional relationships, while others are concerned about relapse and maintaining sobriety. Some individuals have successfully tapered down using alternatives like kratom, but still struggle with libido and energy loss. It is important to note that the risks of high doses of codeine can be severe, and caution is advised.

Brief Summary of Comments

The advice given in this text includes several strategies for managing drug addiction and withdrawal symptoms. One piece of advice is to take advantage of easy withdrawal periods and wait it out to begin feeling pleasure again after acute withdrawal. It is also suggested to seek medical help when quitting and to be honest with oneself and loved ones about addiction. Tapering off instead of prolonging the suffering is another useful technique, and intense exercise is recommended as a release and natural antidepressant. Patience is key, as time will heal, although it is noted that kratom addiction is possible and dangerous. It is important to avoid associating one's favorite media with withdrawal.

Other tips include seeking help from local resources such as addiction treatment centers or hotlines, finding support from friends and family, and focusing on self-care. Avoid justifying the use of other substances, try new hobbies and activities, and not beating oneself up over relapses. Medications such as Suboxone or Kratom can be considered under the supervision of a doctor. It is also recommended to tell loved ones about addiction and seek their support.

Additional strategies include using over the counter melatonin for sleep, magnesium powder for muscle cramps and restless legs, and lowering the amount of acetaminophen or ibuprofen consumption by doing a cold-water-extraction. Do not romanticize previous drug use because addiction will only worsen. Socialize or go to a support group for connection, clear schedule for the next 7-10 days for CT withdrawal, get clonidine and gabapentin for PAWS and Prozac for temporary depression, and address both mental health issues and addiction/alcoholism. Stay strong and do not make decisions that one would not make sober, and

laze around, take Immodium tablets, hydrate, eat healthy food for a week and get a doctor for tramadol withdrawal. Exercise, eat healthy for depression, and establish a routine.

For managing withdrawal symptoms associated with drugs such as pregabalin and codeine, it is recommended to taper off the drugs and be patient as getting better takes time. Staying busy and hitting the gym can speed up recovery, and planning for and preparing for withdrawal symptoms is also helpful. Seeking treatment is an important step, and it is important not to give up and to create meaning while picturing the person one wants to become.

Topic Number 12: 11_clean_life_months_year

Topic Introduction

This text features a collection of personal reflections shared by individuals on a subreddit dedicated to addiction recovery. The posts discuss various topics, including the challenges of addiction and the joys of sobriety, as well as the importance of self-care, seeking support, and being honest with oneself and others. The authors share their experiences in hopes of inspiring others or seeking advice, and their posts provide insight into the ongoing journey of recovery and the supportive community found on the subreddit.

Themes

Overcoming Addiction Triumph	Celebrating Sobriety Progress	Struggles with Addiction Recovery
Struggles of Addiction Recovery	Overcoming Addiction Triumph	Celebrating Sobriety Progress

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.0924611	0.9075389	0.1408974	0.8591026

Summaries of Submissions

- **Overcoming Addiction Triumph.** These are a series of personal reflections shared by individuals who have overcome addiction and achieved sobriety for a period of time. They express gratitude for the support they have received, the progress they have made in various aspects of their lives, and the joys of waking up each day without the burden of addiction. Some discuss the challenges they have faced and continue to face, including cravings and the scars left by addiction, but they urge others to persevere, to seek help when needed, and to find something they love more than drugs to fill the void left by addiction. They recognize the importance of being honest with themselves and others, and of not forgetting the negative feelings associated with addiction and relapse. Lastly, they express a sense of gratitude and love towards their loved ones and the support systems that helped them on their path to recovery.
- **Celebrating Sobriety Progress.** These are various posts from members of a subreddit dedicated to helping people overcome addiction. Some posts reflect on the progress made after being clean for a certain amount of time, while others share difficulties and challenges faced during recovery. Many authors credit the subreddit community and support of others in recovery for their progress, and offer advice and encouragement to those still struggling. Some express concern about potential triggers or temptations, while others emphasize the importance of cutting off negative influences and surrounding

oneself with positive people. Overall, the posts reflect the ongoing journey of recovery and the support and motivation found in the community.

- **Struggles with Addiction Recovery.** These posts on Reddit are from individuals who have struggled with addiction and are now in various stages of recovery. Some have been clean for months or even years, while others have relapsed and are starting again. Many credit their sobriety to attending Alcoholics Anonymous (AA) meetings, living by the 12 steps, and finding supportive individuals. They also emphasize the importance of self-care, finding new hobbies and reconnecting with old ones, and being patient during the recovery process. Some express feelings of depression and anxiety, while others struggle with the temptation to use again. They share their experiences in hopes of inspiring others, seeking advice, or simply venting. Overall, these posts provide honest and raw insight into the challenges and triumphs of addiction recovery.
- **Struggles of Addiction Recovery.** In this collection of posts from a subreddit for recovering addicts, different individuals share their experiences with addiction, sobriety, and struggles with staying clean. Some celebrate milestones of being clean for several months or years, while others are struggling with intense cravings and withdrawal symptoms. Many authors recommend staying committed to recovery and seeking support from others, while also acknowledging the challenges of addiction and its effects on mental and emotional wellbeing. Some writers share personal setbacks, including the loss of loved ones and legal troubles, while others discuss the difficulty of finding motivation to maintain sobriety. Despite the varied experiences and challenges, all of the authors express a desire to overcome addiction and live a happier, healthier life.

Brief Summary of Comments

The given texts provide multiple pieces of advice for those struggling with addiction and trying to achieve sobriety. Overall, the advice stresses the importance of self-reliance, acceptance, and patience. It is emphasized that seeking support from local grief groups, attending NA, and staying busy with hobbies can prevent relapse. It is suggested to use sodium ascorbate and chocomide to help with the taper of subs, be proactive in finding new hobbies and positive social circles, and take sleep medication and vitamin C to cope with withdrawals. Additionally, it is important to focus on one day at a time, endure discomfort through other coping mechanisms, and stay away from people that trigger addiction. Forgiving oneself and others, reconnecting with family over time, and earning trust back are also recommended. The advice further cautions not to romanticize the past and to acknowledge wasted time while refocusing thoughts on moving forward. Finally, the advice suggests avoiding taking out excessive student loans, refraining from getting clean for someone else, and staying positive and faithful in recovery.

Topic Number 13: 12_tramadol_taking_day_symptoms

Topic Introduction

The article explores the experiences of individuals struggling with tramadol addiction and withdrawal, shared through online forums and social media. It highlights the emotional and physical toll of addiction, including the difficult process of tapering off the drug, and the range of symptoms experienced during withdrawal. Many individuals seek support and advice from others with similar experiences, as they try to manage their addiction and chronic pain without relying on medication. The accounts emphasize the need for greater education and resources around tramadol addiction and proper pain management.

Themes

Tramadol Withdrawal Struggles	Tramadol Addiction Struggles	Tramadol Addiction and Withdrawal.
Tramadol addiction and withdrawal	Tramadol withdrawal experiences.	Tramadol withdrawal struggles

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.0915083	0.9084917	0.1394462	0.8605538

Summaries of Submissions

- **Tramadol Withdrawal Struggles.** Many individuals are sharing their personal experiences with tramadol addiction and withdrawal on an online forum. One person has struggled with an addiction for almost a decade, leading to relapse and severe withdrawal symptoms when attempting to quit. Another individual began taking tramadol due to sciatica and turned to other opioids when their doctor stopped prescribing the drug. Others have been using tramadol for years to manage pain, leading to addiction and self-medication for depression. Withdrawal symptoms include physical symptoms such as nausea, diarrhea, and insomnia, as well as psychological symptoms like depression and anxiety. Many seek support and advice from others who have been through similar experiences to cope with addiction and withdrawal.
- **Tramadol Addiction Struggles.** These are various personal stories of people struggling with tramadol addiction. One person has been taking it alongside benzodiazepine and another opiate for six years and knows that it contributes to their depression. Another person, a Nigerian military member, started taking tramadol during deployment and found it difficult to stop after returning home. A person with spastic hemiplegic cerebral palsy has been addicted to tramadol for 12 years, resulting in job loss and multiple seizures. Several individuals have experienced withdrawal symptoms after attempting to quit or taper off tramadol, including insomnia, restless leg syndrome, and depression. Some have turned to alternative remedies, such as kratom and herbal supplements. Others have relapsed or turned to other substances, such as cannabis or cocaine. Many seek advice on how to manage their addiction and pain without relying on medication.
- **Tramadol Addiction and Withdrawal..** Multiple individuals share their experiences with tramadol addiction and withdrawal. One person struggles to afford medical marijuana, which they use to relieve pain after weaning off tramadol. Another experienced common withdrawal symptoms such as anxiety, diarrhea, and restless legs, but found relief with Kratom. Someone asked for advice about approaching a friend struggling with pain pill abuse and alcoholism. Another individual experienced severe depression and suicidal thoughts after tapering off tramadol. Several individuals sought advice on managing withdrawal symptoms, such as insomnia and anxiety. One person is worried about engaging with their doctors due to their addiction to tramadol. Another relapsed and is in need of support. Lastly, an individual shared their experience of becoming addicted to tramadol due to its mood-lifting effects and is seeking a replacement that works for them without becoming addicted.
- **Tramadol addiction and withdrawal.** Multiple individuals have shared their experiences with tramadol addiction and attempts to quit. Some have tapered off the medication with the help of other substances, such as kratom, gabapentin, or CBD-rich marijuana, while others have gone through rehab. Withdrawal symptoms have included physical pain, depression, anxiety, restlessness, and agitation. Some have sought advice on how to quit while still managing chronic pain, while others have worried about relapsing or facing mental health issues after quitting. Everyone is trying to find the best

path forward towards recovery, even if it means reaching out for support and being open about their struggles.

- **Tramadol withdrawal experiences..** In a series of posts on Reddit, individuals have shared their experiences of addiction to tramadol and their attempts to quit. One person had been self-medicating with unprescribed Tramadol for three months to cope with postpartum anxiety and depression, and is wondering if they can taper down off Tramadol or start taking Zoloft immediately. Another has been addicted for seven years and is struggling financially due to having to pay for the drug themselves. A third is currently experiencing withdrawal symptoms from tramadol after deciding to quit. Many individuals express concerns about withdrawal symptoms and seek advice on how to ease them, including using kratom, SNRIs, or other medications. Some have successfully tapered off the drug, while others are still struggling. One post shares the positive experience of using low levels of tramadol to ease the symptoms of opiate withdrawal, although others warn of the addictive nature of the drug.
- **Tramadol withdrawal struggles.** The common thread among these accounts is the difficult and painful process of withdrawing from the drug Tramadol. Users report a range of physical and psychological withdrawal symptoms, including pain, anxiety, restlessness, and cravings. Many are seeking advice and support as they try to taper off the drug, often with the assistance of other substances such as Kratom. Some have successfully quit, while others have experienced relapses or ongoing struggles. The accounts highlight the need for better education and support around the potential dangers of Tramadol use and the challenges of overcoming addiction.

Brief Summary of Comments

The advice given in these texts revolves around managing withdrawal symptoms and overcoming addiction. Some recurring themes include seeking support, tapering off medications gradually, and finding alternative pain management methods. Natural remedies such as CBD, melatonin, and vitamins are recommended for insomnia and other symptoms. It is also important to keep busy, exercise, and stay away from other drugs during recovery.

Counseling and therapy are mentioned frequently as ways to address underlying emotional pain and work towards long-term recovery. It is also important to stay motivated and patient during the recovery process, accepting that normalcy may not return but that it will get better with time.

However, it is emphasized that relapse can lead to repeat withdrawal and further setbacks. Seeking professional help, whether it be through a doctor or support group, is crucial in managing addiction. It is also important to prioritize recovery over work and take care of oneself during this difficult time.

Overall, the advice emphasizes the need for support, patience, and determination in overcoming addiction and managing withdrawal symptoms.

Topic Number 14: 13_survey_opioid_research_interested

Topic Introduction

The text highlights multiple studies, initiatives, and programs aimed at addressing the ongoing opioid epidemic and substance misuse in the US. These efforts range from offering free opioid overdose prevention kits, promoting harm reduction, to conducting research studies on topics such as addiction treatment preferences and self-injurious behaviors. Many of these initiatives involve seeking the input of individuals with lived experiences of substance misuse to improve the effectiveness of addiction recovery processes. More affordable and accessible rehab and clinic treatments for opioids are needed to address the epidemic effectively.

Themes

Opioid addiction: Harm reduction, treatment access, and personal experiences. Opioid addiction and recovery.	Opioid epidemic research Opioid Addiction Research	Opiate Addiction Support Opioid addiction research.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.0708323	0.9291677	0.1459471	0.8540529

Summaries of Submissions

- **Opioid addiction: Harm reduction, treatment access, and personal experiences..** Several initiatives and programs related to opioid addiction and harm reduction have been highlighted recently. A non-profit in Northern Virginia is offering free opioid overdose prevention kits that include medication, supplies, and training that will be mailed for free anywhere in the state. A mail-order naloxone program has been launched throughout the US, offering free kits to anyone who uses or interacts with opioids. In Las Vegas, a syringe exchange program is approaching its millionth sterile syringe given out. On Reddit, a recovering fentanyl addict is conducting interviews for her senior thesis on opioid addiction, seeking insights from those going through active addiction or in recovery. Meanwhile, a resident in Long Island is planning an opiate epidemic awareness event, and a reporter for the Belleville News-Democrat has covered issues with substance abuse treatment cost barriers.
- **Opioid epidemic research.** The opioid epidemic in America is severe, with over 130 people dying of opioid overdoses each day. However, the government's response to the crisis is inadequate, with only a small number of detox beds available. The stigma of addiction also prevents people from acknowledging it as a disease. The issue is declared an epidemic in many states, but there is a lack of action. Researchers and organizations are working on ways to fight the epidemic, including a survey on the impact of the pandemic on addicts, an app for tracking triggers in opioid addiction recovery, and a fundraiser for research into a heroin vaccine. Free opioid overdose reversal medication and supplies are also being offered in Virginia, and Help Club is piloting a VR-based recovery program. There is a need for more affordable and accessible rehab and clinic treatments for opioids. Additionally, graduate students and journalists are researching and seeking input on the issue to gain insight and improve their skills.
- **Opiate Addiction Support.** Various posts on the r/Opiates and other subreddits seek to address and raise awareness about issues related to opiate addiction. These include an organization seeking individuals with opiate addiction experience to provide feedback on addiction treatment programs, a nurse hosting an "Ask Me Anything" session on Reddit for those unfamiliar with the DarkNetMarket, and a grad student conducting a survey on levels of belongingness and stigma attitudes on mental health-related subreddits. Other posts offer resources for those in recovery, such as St. John Ambulance Canada's free online training and nasal naloxone shipments, and others seek to promote harm reduction and alternative methods of treatment, such as the Swiss heroin-assisted treatment program. One post highlights the need to improve access to treatment for opiate addiction, while another notes a proposed bill in the US that could prevent patients from accessing life-saving medication for opioid dependency. Finally, there is a call for individuals with lived experience of opioid use disorder to share their medical system experiences for a training video for new medical professionals.

- **Opioid addiction and recovery..** A variety of studies and initiatives related to substance use and addiction are happening around the world. One study conducted by a clinical psychology student at the University of Southern Mississippi is exploring why people use substances and how they decide to stop. Carnegie Mellon University has paused a diary study about the relationship between social distancing and addiction recovery after reaching a sufficient number of participants. A high school student in Atlanta is seeking interviews for a podcast about how addiction affects relationships. Heroin-assisted treatment is successful in reducing opioid dependence, but there are concerns that it may discourage quitting. A legislation window in Washington DC may lead to legal psychedelic therapy for addiction treatment. Furthermore, researchers are seeking participants for a variety of online studies and surveys about addiction and recovery processes. Free Narcan/Naloxone supplies are available for Virginia residents, and a researcher is seeking advice for an online opioid recovery program/group.
- **Opioid Addiction Research.** Various initiatives and studies are being conducted to combat the opioid epidemic in the US. The Houston Chronicle is seeking people in Houston who are struggling with opioid addiction and want to recover to provide information on the crisis in the region. Square2 Systems is offering up to \$120 in Amazon gift cards for participants who meet their criteria in a mobile app study to help those with substance use disorders. Other studies involve investigating buprenorphine and morphine on people who have opioid use disorder and suicidal thoughts, identifying risk factors of opioid overdoses, and exploring how CBD can reduce opioid use. There are also initiatives to improve recovery supports, limiting opiate prescriptions in Kentucky, and increasing awareness of opioid safety through a poster contest.
- **Opioid addiction research..** Multiple research studies and initiatives are currently taking place to address the opioid epidemic and substance misuse. These range from a journalism student seeking insights into alternatives to opioids for chronic pain, to a mental health professional and state representatives discussing ways to improve addiction treatment. Other initiatives include an online study on self-injurious behaviors, a website sharing personal stories of addiction, and an app development project focusing on harm reduction. Additionally, universities are conducting research studies on topics like opioid addiction treatment preferences and attitudes towards drug use. Some initiatives even involve inviting individuals who have recovered from substance misuse to share their stories and participate in research assessments to aid in improving the addiction recovery process. Many of these studies and initiatives require participant involvement, and individuals are encouraged to reach out with their experiences and opinions to aid in finding solutions to the opioid crisis.

Brief Summary of Comments

The text provides several pieces of advice for dealing with drug addiction and supporting those in recovery. One suggestion is to prescribe proper medication to prevent people from turning to street drugs, while another is to legalize and regulate all substances to prevent the cartels from profiting off the sale of drugs. Those seeking support or information about addiction can attend open Zoom meetings or access a directory of Narcotics Anonymous meetings and state websites. It is vital to protect the subjects of studies with an approved IRB and use trauma-informed approaches in medical professions. Medical professionals should be able to provide parent/child-friendly solutions for addicts. Legalizing and regulating drugs is seen as the only way to stop mass deaths, according to the text. During recovery, people should focus on their own journey to healing and may need to advocate for affordable treatment and resources for addiction. Handing out information flyers and attending open NA meetings can provide additional information and support. Addiction apps can be useful with additional features such as inspirational quotes or support alerts. Finally, it is important to understand that addiction is a disease that requires medical treatment, one-on-one therapy, and support for those recovering from addiction.

Topic Number 15: 14_good_morning_day_hope

Topic Introduction

This text is a collection of personal accounts of individuals who have struggled with drug addiction and are currently in various stages of recovery. The authors share their daily routines, accomplishments, and challenges, and emphasize the importance of community support and perseverance in overcoming addiction. The text highlights the complexities of addiction and offers hope and encouragement to others who may be going through similar struggles. The text also emphasizes the role of honesty, self-awareness, and connection in the recovery process.

Themes

Overcoming Addiction Triumphs Gratitude and Reflections.	Day-to-day sober life. Recovery and Gratitude	Recovery and Sobriety. Overcoming Addiction Triumphs
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1564307	0.8435693	0.1584197	0.8415803

Summaries of Submissions

- **Overcoming Addiction Triumphs.** This passage contains various accounts of individuals in recovery from addiction. Each writer reflects on their journey, expressing gratitude for their progress and acknowledging the challenges that come with their path. Some discuss their daily routine, with activities such as attending meetings, practicing yoga, or enjoying nature. Others share their accomplishments, including remaining clean for 60 days, being sober for 15 days in a row, or celebrating their 50th day sober. Despite the difficulties of managing mood swings, dealing with loss and grief, or facing court charges, the authors express their resilience in overcoming their addiction. They recognize the importance of community support and encourage others to persevere through their own struggles. Overall, these accounts highlight the complexities of addiction and the hard work necessary to rebuild a fulfilling life.
- **Day-to-day sober life..** The articles share individual experiences of addiction recovery and sobriety. The first author considered relapsing when triggered by a friend's father's death but ultimately fought the urge to stay sober. Another writer shares their gratitude for their support system and commitment to attending NA meetings. One writer recounts a moment when they realized they were an addict and asked for help from their loved ones. Another writer discusses their daily struggles with sobriety but finds comfort in writing on a forum. One article describes the writer's encounter with drug dealers but ultimately decided to stay sober. Another author sends a message of hope to those struggling, encouraging them to seek support and to stay positive. One writer discusses their daily routine and asks for advice on finding a balance between "normal life" and "recovery stuff." Another author reflects on their past addiction and experiences of withdrawal. Some writers express gratitude for being in recovery and the opportunity to enjoy life events, such as birthdays and holidays. Lastly, one author encourages others to overcome addiction and shares their journey towards sobriety.

- **Recovery and Sobriety..** The passages describe the experiences of individuals who are in recovery from drug addiction. Some are feeling anxious about job interviews and financial struggles, while others are grateful for their sobriety and the support of their loved ones. Many have set goals for themselves, such as finding employment or obtaining health insurance. Some have had relapses or withdrawal symptoms, but are determined to continue on their path to recovery. The passages highlight the challenges and joys of overcoming addiction, and offer encouragement and support to others who may be struggling with similar issues.
- **Gratitude and Reflections..** Many authors on the “just for today” subreddit share their experiences with addiction recovery, often reflecting on their progress and struggles. Some have recently quit using drugs and are fighting against temptation, while others have been sober for months and have reflections on their personal journey. Some talk about their daily activities, while others discuss their beliefs and practices related to recovery. Despite differences in their experiences, these authors share a common theme of gratitude, perseverance, and a desire to help others going through similar struggles. They also express appreciation for the subreddit, which serves as a supportive community for those seeking recovery.
- **Recovery and Gratitude.** This text is a compilation of various posts made by users on an online forum about addiction and recovery. The posts cover a range of topics such as progress made, struggles faced, gratitude, plans for the future, and requests for help or support. Throughout the posts, there is a common theme of seeking connection and empathy from others who understand what it is like to be impacted by addiction. The posts also highlight the importance of honesty, risk-taking, and self-awareness as key factors in the recovery process. Overall, the messages convey both the challenges of addiction and the hope that can come from engaging in a process of recovery.

Brief Summary of Comments

The first text advises individuals to face their pain head-on and stay committed to recovery by attending meetings and trying cold turkey or kratom as alternatives to maintenance drugs. The text also emphasizes the importance of not being too hard on oneself during relapses or slip-ups and turning to a higher power or group for support. The importance of focusing on positive aspects of recovery, staying strong through the hardest parts of early sobriety, celebrating progress no matter how small, and cultivating gratitude is also stressed. In the second text, advice is given to distract from cravings by focusing on positive memories, finding hobbies, and staying motivated to not relapse. Seeking therapy to manage life and pinpoint issues, as well as keeping negative thoughts out of the head, are also recommended. In the final text, advice is given to keep busy with hobbies, have a sober support system, understand that recovery will have ups and downs, and have patience in the process. It is also recommended to stay strong and not give up.

Topic Number 16: 15_life_shadow_love_soul

Topic Introduction

This text discusses various reflections and personal struggles related to addiction and recovery. The authors emphasize perseverance, self-forgiveness, and support from others as crucial aspects of the journey towards sobriety. Many offer advice and encouragement for those going through similar difficulties, acknowledging the pain and challenges of sobriety but recognizing the value of life in embracing every day. The underlying message is that overcoming addiction takes courage, determination, and a willingness to seek help and support from others.

Themes

Overcoming Addiction	Addiction Recovery Struggles	Overcoming Addiction and Reflection
Overcoming addiction struggles.	Struggles of addiction	Overcoming Addiction

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.159258	0.840742	0.154618	0.845382

Summaries of Submissions

- **Overcoming Addiction.** The common theme throughout each of these passages is addiction and recovery. The authors reflect on their struggles with drug use and the challenges they face in their journey towards sobriety. They encourage readers to persevere and work towards a better life, emphasizing the importance of self-forgiveness and support from others. The authors also acknowledge the toll that addiction can take on one's life and relationships, but they remain determined to overcome it. Ultimately, they hope to find meaning and purpose in their lives and experience the joys that come with being clean and sober.
- **Addiction Recovery Struggles.** The article discusses various personal struggles such as addiction, loss, and finding hope. The metaphor of the monkey trapped in a cage is used to encourage releasing oneself from suffering. The author mourns the loss of their friend but believes their spirit has guided them through substance abuse. Another author celebrates one week of sobriety and emphasizes the importance of exercise in addiction recovery. Another reflects on their past struggles with addiction and mental illness but appreciates life's small things after nearly dying. A song acknowledges the sacrifices made by a partner, while the author advises combating addiction through recovery, love, and service. They see victory over addiction as a personal triumph. Shedding skin is used as a metaphor for letting go of negative attachments. The author recommends denying comfort and focusing on creating tranquility in recovery. The author reflects on their potential and their journey to recovery, asking for prayers and support. Lastly, a narrator reflects on their physical symptoms and the temptation to turn to substances during detox, but ultimately resists.
- **Overcoming Addiction and Reflection.** The various passages and reflections touch on different aspects of addiction and overcoming it. The authors share their personal struggles, feelings of isolation and despair, self-discovery, and the importance of seeking help. Some express regret for past mistakes, while others celebrate newfound clarity and the joy of being alive. There is a clear message of hope, self-love, and solidarity, with authors encouraging others to stay strong and not give up on the process of recovery. The underlying theme is that everyone has the power to overcome addiction and find meaning in their lives, but it takes courage, determination, and a willingness to seek help and support from others.
- **Overcoming addiction struggles..** These passages all center around struggles with addiction and the journey towards recovery. The authors share personal experiences, reflections, and advice for those going through the same difficulties. Many emphasize the importance of taking control of their lives and not giving up on themselves, even in the toughest moments. Some find comfort in art and poetry, while others find support in loved ones and quality friendships. Shenpa, a Tibetan term, is referenced as the root cause of aggression and craving in addiction. Many acknowledge the pain and difficulties that come with sobriety, but recognize the value and preciousness of life in embracing every day. Overall, these passages offer insight, encouragement, and hope for those who may be struggling.

- **Struggles of addiction.** The following are summaries of different posts related to addiction and recovery. One post is about a painful relationship that involves drug use, while another is about the author's experiences in a halfway house. One writer details their struggle with addiction, while another reflects on their past drug use and their efforts to overcome it. The themes of loss, pain, and the constant struggle to stay clean are prevalent throughout these posts. The authors discuss their ongoing battle with addiction, and their hope for the future as they try to stay on the path of sobriety. They acknowledge their past mistakes, but are determined to move forward and find peace in their lives.

Brief Summary of Comments

The advice given in the text is centered around overcoming addiction by adopting healthy habits and focusing on the positives in life. The importance of community and human connection is emphasized, as well as the need to seek support through rehab and meetings. It is suggested that people replace the void left by drugs with hobbies and activities and find small structures for support and healing. Exercise is also recommended as a great asset for a sober lifestyle. Creativity and music are suggested as coping mechanisms, and it is advised to focus on the present while working towards long-term goals. It is stressed that people take recovery one day at a time and not let the past control the present, but rather learn from it and see it as a gift. It is important to embrace both the good and bad times in sobriety and to be proud of progress and the rewards of sobriety. Finally, people are encouraged to find something to worship that won't eat them alive and to be grateful for the small things in life.

Topic Number 17: 16_sleep_insomnia_melatonin_xanax

Topic Introduction

This text consists of several anonymous posts in which people share their experiences related to drug addiction and detoxification. The authors discuss various techniques and medications that can help manage symptoms associated with drug withdrawal, particularly insomnia. Some have relapsed and are looking to start again, while others have successfully tapered off drugs and are struggling with the long-term consequences. Despite facing numerous challenges, the authors express hope and determination to overcome addiction and seek ongoing support. The posts illustrate the complex and ongoing struggles of recovery, including the physical and psychological toll that sleep deprivation can take on those in recovery.

Themes

Dealing with Withdrawal Symptoms	Struggles with Sleep and Withdrawal Symptoms	Sleep struggles during recovery.
Sleep troubles during recovery.	Insomnia and withdrawal symptoms.	Dealing with Withdrawal Symptoms

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1421621	0.8578379	0.1375536	0.8624464

Summaries of Submissions

- **Dealing with Withdrawal Symptoms.** These are a collection of anonymous posts from individuals sharing their experiences with drug addiction and detoxing. Many of them struggle with insomnia during the withdrawal process, and they share the various medications and techniques that have helped them get some rest. Some have relapsed after being clean for a while and are hoping to overcome addiction again. Others have successfully tapered off drugs and are now dealing with the aftermath. Many express gratitude for the support they have received on this platform and share advice for others going through similar experiences. Overall, these posts highlight the challenges of addiction and the importance of seeking help and support.
- **Struggles with Sleep and Withdrawal Symptoms.** These statements all relate to individuals' experiences with addiction and withdrawal. Many describe struggles with sleep, mood swings, and physical symptoms like pain and restlessness. Some have turned to various medications or holistic remedies to manage their symptoms, while others seek advice from online forums. Recovery is a long and difficult process, with no set timeline or guaranteed solutions. However, many express hope and determination to continue on their paths towards sobriety.
- **Sleep struggles during recovery..** This text contains a collection of different accounts from individuals who have been struggling with sleep during their recovery from drug addiction. Some have been seeking advice on alternative remedies to help them sleep, while others have tried medication or herbal supplements with mixed results. Despite the challenges they face, many individuals remain determined to stay clean and overcome their addiction. Others express feelings of guilt and frustration over past drug use and the impact it has had on their health. Overall, the accounts illustrate the complex and ongoing struggles of recovery, including the physical and psychological toll that sleep deprivation can take on those in recovery.
- **Sleep troubles during recovery..** The posts cover a variety of experiences related to sleep and withdrawal from drug addiction. Some authors share their struggles with insomnia despite being clean for weeks or months, while others are seeking advice on how to sleep without resorting to drugs. Many mention trying natural remedies or medication to help them sleep, and some express concern about becoming dependent on certain medications. Some posts also discuss the ups and downs of recovery, including experiencing cravings, withdrawal symptoms, and the importance of establishing a routine. Overall, the posts reflect the challenges of overcoming addiction and the numerous ways in which it can impact one's sleep and overall well-being.
- **Insomnia and withdrawal symptoms..** These posts discuss struggles with insomnia during withdrawal and recovery from drug addiction, with the authors seeking advice on improving their sleep. Many have tried various medications and remedies, such as melatonin and exercise, with varying degrees of success. Some are concerned about becoming dependent on sleep aids and are seeking alternatives. Others discuss how lack of sleep is affecting their mood, energy levels, and ability to function. Many are looking for input from those who have experienced similar difficulties and have overcome insomnia during this stage of recovery.

Brief Summary of Comments

The advice provided in the text revolves around helping individuals deal with the symptoms of withdrawal from substance abuse, primarily opioids. The first and foremost suggestion is to be careful with medication dosages and follow the recommended guidelines. Guided meditation is recommended to help distract from symptoms, and comfort meds like clonidine, gabapentin, Imodium, and Seroquel can help alleviate withdrawal symptoms. However, individuals are advised not to rely on these medications too much. Distraction techniques like music or a new hobby can be helpful during withdrawal, and sleep remedies may also help. Kratom and lope are not recommended as long-term solutions.

Exercise, a healthy diet, and avoiding mind-altering substances like weed and Kratom are suggested to support long-term sobriety. Medications like Gabapentin can make withdrawals bearable, although patients

are advised to be patient as sleep and energy levels may take up to a month to return to normal. Individuals are encouraged to find suitable alternatives like lions mane supplements and microdosing psilocybin for additional support. Support systems like support groups and practicing self-care are suggested to distract the mind from discomfort. Long-term benefits should be prioritized over short-term discomfort, and individuals should stay strong and prioritize nutrients in their diet.

Topic Number 18: 17_pain_meds_chronic_knee

Topic Introduction

This text is a collection of personal stories from individuals struggling with chronic pain and addiction to pain medication. The authors discuss their experiences with addiction, withdrawal, and managing pain without falling back into addiction. They seek advice and support from others who have faced similar challenges and offer guidance on coping with chronic pain and addiction. The authors share their struggles, milestones, and successes in overcoming addiction and finding alternative pain management options. They express concern about the impact of their addiction on their lives and relationships and share their determination to persevere despite the challenges.

Themes

Chronic Pain and Opiate Addiction	Pain medication addiction.	Opiate Addiction and Pain Management
Chronic Pain and Addiction	Pain medication addiction	Chronic pain management

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1560982	0.8439018	0.2311654	0.7688346

Summaries of Submissions

- **Chronic Pain and Opiate Addiction.** This text consists of multiple personal stories about chronic pain and addiction to pain medication. The stories reflect on the struggles of addiction, withdrawal, and living with chronic pain, as well as the fear of relapse, uncertainty of what life will look like without medication, and the temptation to turn back to painkillers to alleviate the pain. On the other hand, some stories reflect on the success of overcoming addiction, seeking alternative pain management options, finding support within online communities, and the determination to persevere despite the challenges. The authors offer advice and seek advice on how to cope with chronic pain and addiction, share their experiences with different pain management options, and celebrate their milestones of being off medication or controlling their dependency responsibly.
- **Pain medication addiction..** This is a compilation of various posts on Reddit from individuals struggling with chronic pain and addiction to prescription pain medication. One person has decided to quit using opiate tramadol after becoming addicted to it, despite being honest with their doctor about their tendency to abuse narcotics. Another person suffering from migraines has been trying to quit pain medication for months but experienced setbacks due to pain. A chronic pain sufferer is struggling with the loss of access to opiate medication that previously eased their neuropathic pain.

Yet another individual with arthritis feels trapped between living in pain or living strung out due to their addiction. Several individuals are seeking advice on how to manage their pain and addiction, including distinguishing between rebound pain and actual pain, finding natural solutions to chronic pain, and tapering off medication without experiencing withdrawal symptoms.

- **Opiate Addiction and Pain Management.** This text is a compilation of various individuals sharing their experiences with chronic pain and addiction to pain medication. Some have Ehlers-Danlos syndrome, while others have faced chronic pain from injuries or illnesses. Many have tried various treatments for their pain, but have turned to opiates to manage it. Some are seeking advice on finding local rehab centers or undergoing detox. Others are looking for support and advice on managing withdrawal symptoms, coping with pain, and staying sober. Many are also concerned about the impact of their addiction on their lives and relationships, as well as their ability to function at work or care for their families.
- **Chronic Pain and Addiction.** This text contains various personal stories from individuals who have faced addiction or struggled with pain management. Some individuals have developed addiction to pain medication due to chronic pain, while some had previous addiction issues and are now dealing with chronic pain. There are stories of individuals seeking advice on how to manage pain after quitting drugs cold turkey, tapering off medication, or switching to alternative treatments. Others are asking for advice on how to deal with pain medication while recovering from surgery or injury without relapsing. Some individuals are looking for support and guidance on how to help their loved ones who are dealing with addiction to pain medication.
- **Pain medication addiction.** This text is a compilation of various posts by individuals struggling with chronic pain, addiction to pain medication, and withdrawal symptoms. Some are seeking advice on how to manage pain without opiates or how to taper off the medication, while others are worried about relapsing due to increased pain or medical procedures. Some have found alternative methods, such as using a massager or planning an aggressive taper, while others are struggling with the side effects of muscle relaxers or nerve blockers. Many are seeking guidance and support from others who have gone through similar experiences or are struggling with similar issues. Despite their different circumstances, they all share a common goal of finding relief from pain without falling back into addiction.
- **Chronic pain management.** This text is a compilation of 14 different individuals' experiences dealing with chronic pain and medication addiction. Many of the authors share their struggles with addiction and withdrawal symptoms, as well as their attempts to manage pain without becoming addicted to medication. Some express concern about taking prescription medication again after a period of sobriety, while others are seeking advice on managing withdrawal symptoms or coping with pain. Several individuals also describe their attempts to seek alternative forms of treatment or manage their pain through medical professionals. Overall, the authors offer a glimpse into the complex and often challenging journey of dealing with chronic pain and addiction.

Brief Summary of Comments

The advice provided in the above texts revolves around managing painkiller addiction and seeking treatment for recovery. The suggestions include discussing addiction with a doctor, seeking comfort medication, tapering slowly, and trying alternatives such as NSAIDs, Kratom, or L-Tyrosine supplements. The individuals are advised to commit 100% to their recovery and seek treatment facilities and support systems, such as a sponsor or a trusted person. Moreover, people are asked to communicate and stay accountable with their support system and avoid relapse by delaying or cancelling a refill if it could lead to abuse.

The advice also covers long-term pain management solutions, such as discussing non-addictive alternatives with a doctor or paying for medical procedures themselves if insurance denies them. Furthermore, people are encouraged to focus on a healthy diet and weight loss to manage pain and find a middle-ground for pain management. Lastly, it is emphasized not to give up and seek help before things get worse.

Thus, seeking medical assistance, creating a support system, staying accountable, and being gentle with oneself are essential steps to manage painkiller addiction and complete recovery.

Topic Number 19: 18_support_thank_recovery_life

Topic Introduction

The following text contains a series of posts from Reddit users sharing their experiences with addiction and seeking support and guidance from others in their recovery journey. The themes of these posts include gratitude for community support, expressions of encouragement to keep fighting, acknowledgement of the difficulties of recovery, and seeking help for relapse and suicidal thoughts. These posts demonstrate the importance of community support and the shared struggles of those on the path towards sobriety.

Themes

Addiction Recovery Support	Overcoming addiction with community support.	Addiction Recovery Support
Recovery struggles and support.	Addiction recovery support.	Substance addiction struggles.

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.079662	0.920338	0.1817534	0.8182466

Summaries of Submissions

- **Addiction Recovery Support.** The author expresses gratitude towards the Reddit community for their support in overcoming addiction. They credit the community for much of their success and share encouraging messages to urge others to keep fighting. Despite challenges and difficulties, the author is grateful for their progress and offers support to others who may be struggling. There are also posts about the loss of loved ones to addiction, and the writer encourages others to persevere and continue to fight. Overall, the themes focus on gratitude for support, encouragement to keep going, and the acknowledgement of the difficulties of the journey towards recovery.
- **Overcoming addiction with community support..** The posts on this subreddit have helped the author achieve and maintain sobriety, and they express gratitude for the support of the community. The author offers their support to anyone who is struggling and encourages others to keep fighting. Another user is seeking support for their mission to save animals and encourages readers to check out their page. A third writer has found relief from addiction by reaching out to the online community, and they are determined to overcome the challenge. Another author expresses gratitude for the support of the community and encourages others to persevere, while a user plans to begin their journey to sobriety and seeks guidance. One writer reflects on their journey of sobriety and expresses gratitude for the support of the community. Another author credits a kind person on the platform for helping them achieve sobriety, and plans to offer their support to others. The posts on this subreddit have helped many people achieve sobriety in various ways, and the community offers a supportive space for those who are struggling.
- **Addiction Recovery Support.** The author highlights various experiences and struggles of addiction recovery, with a common theme of gratitude towards supportive communities and individuals. The subreddit for addiction recovery is praised for its positivity and helpfulness. People share their stories of hitting rock bottom and finding the strength to quit drugs cold turkey, successfully staying clean

for almost 3 years, and seeking support for quitting drugs alone. Others express gratitude for the opportunities and relationships gained through sobriety, while also recognizing the challenges that still exist. The importance of seeking help and not struggling alone is emphasized, along with the need to stay committed to recovery even in the face of setbacks.

- **Recovery struggles and support..** The author of this post lost their health insurance when they turned 26, causing a one-month relapse, but got things back on track. They are now posting in order to encourage others struggling with similar problems to reach out for help and thanks those who keep the forum going. Another writer advises those new to recovery to stay strong, even though it may be difficult. One author credits the simple gestures of the forum members with saving their life and is thankful for not making a mistake they would later regret. Another writer shares that they are no longer physically dependent on Kratom, but hope that exercise and attending meetings will help with cravings. Finally, an individual in addiction recovery recently stopped taking methadone, benzos and pregabalin and shares encouragement for others to succeed too.
- **Addiction recovery support..** The summarized text includes various posts from Reddit users seeking advice and support for their addiction recovery journeys. One user expresses gratitude for their online community's support during their struggle with alcohol and opiate addiction, while another seeks guidance on how to tell someone new about their sobriety. There are also posts about relapse and how to support loved ones who are struggling with addiction. Some users share their progress and achievements, including attending therapy and reaching their recovery milestones. Finally, some users seek support and advice from the community, including one who is looking for occasional text support to stay clean. Despite their individual struggles, all these Reddit users are seeking help and support through their addiction recovery journey.
- **Substance addiction struggles..** In the first post, the author shares their struggle with quitting heroin and seeks advice from others who have gone through detox. They have friends who plan to support them through the process and have various substances to help. In the second post, the author expresses gratitude for the support they received after a difficult time and acknowledges that the grief from losing their mother is ongoing. They offer to lend an ear to those who need someone to talk to. In the third post, the author shares their feelings of apathy and nihilism, feeling like they are a burden and considering ending their life. The post serves as a place to vent and not for attention-seeking.

Brief Summary of Comments

The text provides various pieces of advice for individuals seeking help in addiction recovery. The advice covers various aspects of recovery, including seeking medical help, finding support groups, avoiding triggers, being patient with oneself, and focusing on personal growth. It is also important to avoid relapse triggers, such as negative people and situations, and to seek out positive influences that are supportive of recovery. Additionally, it is suggested to use resources such as online support meetings, know that being completely clean is different from being on subs, and to focus on one's own recovery without comparing oneself to others. Remembering that relapse is a personal choice is also essential, and it is crucial to be patient with oneself and practice self-compassion. It is recommended to work hard and stay grateful, while also being easy on oneself and seeking support when needed. Overall, the advice emphasizes the importance of seeking help and support, being patient and kind to oneself, and focusing on personal growth and recovery.

Topic Number 20: 19_family_rehab_help_drugs

Topic Introduction

The given text is a compilation of anonymous posts on Reddit that highlight the emotional toll and struggles associated with drug addiction. The posts cover various personal experiences of addiction and seeking advice from the community. The common theme throughout all stories is the need for support and guidance in

dealing with addiction and the importance of seeking help before it's too late. Many family members have attempted to help their loved ones through various methods, such as rehab and therapy, but the addiction has often persisted, leading to depression, anxiety, and even suicide. The authors seek guidance on how best to support their loved ones without enabling the addiction or causing relapse.

Themes

Siblings struggling with addiction. Addiction and Family Support	Addiction and Family Struggles. Family members struggling with addiction.	Drug addiction struggles. Family Drug Addiction.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.0891446	0.9108554	0.1847076	0.8152924

Summaries of Submissions

- **Siblings struggling with addiction..** The given text consists of multiple short passages on different individuals and their experiences with drug addiction or their loved ones' addiction. In one passage, the author mourns the loss of their brother due to opiate addiction and encourages others struggling with addiction to seek help. In another passage, the author seeks advice on how to help their homeless and addicted brother detox. A college student shares their struggle with their brother's addiction and urges recovering addicts to remember the impact of their actions on loved ones. A woman's fiancé seeks advice on how to help his foster sister who has started using heroin. Another author is struggling with their brother's addiction and their enabling parents. Overall, the passages touch upon the emotional toll and struggles associated with addiction and the importance of seeking help and support.
- **Addiction and Family Struggles..** This text is a compilation of multiple posts on a Reddit thread about personal experiences of addiction and seeking advice from the community. The stories include someone seeking advice on how to save a loved one from addiction, a person questioning if they should press charges against their sister for theft as it may worsen her addiction, and an individual in recovery seeking coping mechanisms to prevent relapse. Another story talks about someone fearing that their father has started using drugs again after getting clean in the past. There are also posts about a brother planning to start methadone treatment, a woman's brother seeking advice on how best to support his sister who has recently left rehab for heroin addiction, and a person who has siblings addicted to drugs and alcohol seeking support to help their family.
- **Drug addiction struggles..** This is a collection of anonymous posts on Reddit about various experiences with drug addiction and seeking advice. The posts range from family members seeking advice on how to help their loved ones struggling with addiction to individuals seeking advice on how to manage their own addiction or their friend's addiction. Some posts focus on the difficulty of getting someone to admit to their problem or to seek help, while others focus on dealing with the aftermath of a loved one's overdose or death. The posts emphasize the need for support and guidance in dealing with addiction and the importance of seeking help before it's too late.
- **Addiction and Family Support.** The author's family member has been struggling with drug addiction for years, resulting in theft, lying, suicide attempts, and strained relationships. The family has tried various recovery programs and medication, but the addiction persists. The author is considering

therapy to deal with the stress and loss of sanity. Another family is considering an ultimatum for their heroin-addicted family member to attend inpatient rehab or be cut off, as they fear for their life. Yet another family is struggling with enabling behavior from their mother in regards to their brother's addiction. The author of one story is a former addict providing support to their still-addicted brother but is struggling with stress and seeking advice. The common thread throughout all stories is the struggle of addiction and its impact on families and relationships, with individuals seeking advice and support.

- **Family members struggling with addiction..** The various posts detail the struggles of family members with drug addiction, including meth, opiates, and heroin. Many family members have attempted to help their loved ones through various methods, such as rehab, therapy, and financial assistance. However, despite their efforts, the addiction has often continued to worsen, leading to depression, anxiety, and even suicide. Some family members are considering more severe measures like kicking their loved ones out or seeking advice from the police station. The authors seek guidance on how to support their loved ones without enabling the addiction or causing them to relapse. Many are unsure of what steps to take and are looking for potential solutions to help their loved ones recover.
- **Family Drug Addiction..** The writer describes various situations involving their family members who are struggling with drug addiction, mental illness, and abuse. They share their concerns and seek advice on how to help their loved ones, who have been in and out of rehab and have not shown much improvement. The writer's brother has been using opiates and recently started using meth, while their sister has a long history of drug use and severe mental illnesses. They are also dealing with a sister who is in an abusive relationship and seeking support. The writer is unsure how to help their family members and seeks advice from others. They share their experiences and hope to find a way to encourage their loved ones to seek help and overcome their struggles.

Brief Summary of Comments

The advice given in the texts focuses on how to deal with addicted loved ones. The common themes among the advice include being supportive without enabling the addict, setting boundaries, and seeking professional help. Loved ones should avoid blaming themselves for the addict's actions and prioritize the safety of themselves and any children involved. Harm reduction is recommended over attempting to force the addict to quit, and medical detox programs that include suboxone and comfort meds can be effective in stabilizing and starting a new normalcy. There are various alternatives to traditional opioid treatments, such as Vivitrol and Ibogaine, and support groups or therapy can be helpful for both the addict and family members. Honesty, patience, and understanding are necessary, and tough love can be effective in some cases. It is important to separate love from enabling behavior, and consequences for the addict's actions should be real to encourage recovery. Ultimately, the addict needs to want to change, and seeking help is the first step towards recovery.