

Addiction Resources

 duarehabhouse.com/addiction-resources/

What is Addiction

Addiction is not the same as doing something all the time because you like it although the word is often misused in this way – you will hear people say things like “I’m addicted to this new flavour of yogurt’. The addiction we are talking about here is where changes have occurred in a person’s brain that leads to an inability to stop a behaviour even when the person decides to quit.

Addiction involves both physical and psychological dependence. To say people are psychologically addicted means they experience cravings, and they find it hard to imagine how they could cope without the drug. Physical addiction occurs because the body needs to adapt to the substance abuse – it does this by developing tolerance. Once people become physically addicted, it means they are going to experience withdrawal substances when they stop using the substance.

| The American Society of Addiction Medicine (ASAM) defines addiction this way:

“Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviours”

It is not necessary for people to become physically addicted before a mind-altering substance starts to cause serious problems in their life. Problem drinkers can behave in much the same way as alcoholics, and a first-time drug user could become psychotic or overdose.

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Types of Addiction

- Tobacco
- Alcohol
- Street drugs
- Prescription drugs
- Food (eating)
- Sex
- Pornography (attaining, viewing)
- Using computers / the internet
- Playing video games

- Working
- Exercising
- Spiritual obsession (as opposed to religious devotion)
- Pain (seeking)
- Cutting
- Shopping

Effects of Addiction

Drugs are chemicals. Different drugs, because of their chemical structures, can affect the body in different ways. In fact, some drugs can even change a person's body and brain in ways that last long after the person has stopped taking drugs, maybe even permanently.

Addiction can cause injuries , severe Health Problems, can be a catalysts for some really bad effects on brain & a person can suffer with Behavioral Problems & Birth Defects

Long Term Effects

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Short Term Effects

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Withdrawal Symptoms

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