

WHAT IS ADDICTION?

People use alcohol and other drugs for many reasons. Some use these substances to help them to relax or feel more lively. They have enjoyed or to feel pleasant. Some feel the effects of substances make it easier to cope with problems. Some use substances to get away from their problems.



ADDICTION RECOVERY WORKSHEET



WHAT IS ADDICTION?

Consider a person who feels alcohol or cigarettes that they regularly gain in the end and want (strong) the drinking, smoking, or using. This is addiction. It is a physical and psychological dependence on a substance.



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WHAT IS ADDICTION?

COMPLETE ADDICTION RECOVERY WORKBOOK

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WHAT IS ADDICTION?

THE STIGMA OF ADDICTION

Stigma is another reason why the use of substances and problems may be higher than others. Stigma means someone has problems or 'different' and makes people want to hide their problems. Stigma also affects the families of people with addiction. It makes them feel the problem is personal and not theirs or a time when families need support.



What can we do about stigma? One single way we can help is to choose to talk about 'people with addiction' not 'problems' rather than about 'alcohol', 'drugs', 'cancer' or 'HIV'. Try this approach: whether you are talking about another person or about yourself, allow you to do this you put the person ahead of the problem. This helps to show that you know there is more to a person than a problem. You are also giving the person with an addiction the respect and understanding it takes to recover.

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Refusal Skills Guide For Recovering Addicts

Terry C. Jones



Refusal Skills Guide For Recovering Addicts:

Unveiling the Magic of Words: A Report on "**Refusal Skills Guide For Recovering Addicts**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Refusal Skills Guide For Recovering Addicts**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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