

## WHAT IS ADDICTION?

People use alcohol and other drugs to relax, relieve stress and have fun. But when they use them too often, they can become addicted. Addiction is a disease that affects the brain and makes it hard to stop using a drug or alcohol. People who are addicted to a drug or alcohol often have problems with their health, relationships, and work.



# ADDICTION RECOVERY WORKSHEET



## WHAT IS ADDICTION?

Consider a person who feels stressed or overwhelmed. They might turn to alcohol or drugs (drugs) to feel better. Over time, they might use more and more, and it becomes harder to stop. This is called addiction.



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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 lives of people with addiction are harder. Stigma means that people with addiction are often treated differently than people without addiction. This can make it harder for them to get the help they need.



What can we do about stigma? One way is to talk about "people with addiction" instead of "addicts" or "junkies." Try to remember that people with addiction are just like everyone else. They have feelings, dreams, and hopes. We can help them by being kind and understanding.

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# Refusal Skills Guide For Recovering Addicts

**Joacim Rocklöv**



## **Refusal Skills Guide For Recovering Addicts:**

Eventually, you will entirely discover a additional experience and success by spending more cash. still when? do you assume that you require to acquire those all needs with having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more in this area the globe, experience, some places, afterward history, amusement, and a lot more?

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