Addiction 101

 — Allen Turley

# A Little History

Dr. Jimmy Lee says, “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are anything that master our lives and block our spiritual growth.”

Other terms used to describe an addiction or life-controlling problem are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dr. Jimmy Lee says: We may be trapped by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that overwhelm us as well:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Or, life controlling problems can be sinful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as bitterness, envy or lust.

We all have something that wants to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ us.

 “Everything is permissible for me – but I will not be mastered by anything.” **1 Corinthians 6:12**

Romans 7: 14-24; 7:25 – 8:1,

# Why do people get into addiction or substance abuse?

We do know that people are most vulnerable to experimentation with drugs
between the ages of \_\_\_\_\_\_ and \_\_\_\_\_\_\_.

## Three Models of Dealing with Addiction:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

But both of these models ignore the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ component.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Contributing Factors

1. The dysfunctional family
2. Lack of self-esteem
3. Peer pressure
4. Experimentation (curiosity)
5. Cultural influence
6. Parental drug abuse
7. Lack of moral and spiritual values

These are not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of drug abuse.

Drugs are a coping mechanism for dealing with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

They are an escape from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of life.

Users think drugs are a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but they become the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

## Steps to Addiction

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
The users learn that the substance or behavior makes them feel good.
The user doesn’t have any initial serious negative consequences.
Return to normal feelings after isolated indulgences.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Practice the behavior regularly but set limits for themselves about when, where, how they use.
The rules the user makes help him/her to feel safe and appropriate.
The user seeks friends who also indulge.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Without warning, the behavior or the substance becomes a problem.
The user violates their value system and begins to feel the pains of addiction.
Life begins to deteriorate.
The behavior becomes the center of his/her life.
Activities revolve around drugs and drug using friends.
The delusion grows deeper until they no longer recognize the truth.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
At this point the user is only using to feel normal.
They are out of control.
Pain is constant.

# Affects of Drug Addiction:

All drug abuse affects the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

They work primarily in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system, the part of the brain where feeling and pleasure take place.

Drugs interfere with or substitute the brain’s natural chemicals ,
called neurotransmitters or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Drugs cause “good feelings” in several ways:

* by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the brain’s dopamine
* by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their release
* by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their presence

That is what the process of “getting high” is about.

<http://www.drugabuse.gov/Scienceofaddiction/brain.html>

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: The most overlooked addicting drug.

Other areas affected:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ become severe and consistent.

That is usually when the abuser will seek help.

Family and friends can shorten the pain and suffering time by:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The change that needs to take place is:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
|  |  | **Recovery** | **Step 7** |
| The Steps to Recovery |  |  | **Step 6** | Helping Other |
|  |  |  |  |  | **Step 5** | Growing spiritually |  |
|  |  |  |  | **Step 4** | Accountable, responsible |  |  |
|  |  |  | **Step 3** | Letting God change you |  |  |  |
|  |  | **Step 2** | Self-examination |  |  |  |  |
|  | **Step 1** | Committing Life to God |  |  | *Counseling for Substance Abuse and Addiction*; Gary Collins Ph.D; Word Publishing; pg 105 |
| **Addiction** | AdmittingHelplessness |  |  |  |

Source Documents

*Counseling for Substance Abuse and Addiction*; Gary Collins Ph.D; Word Publishing

*Living Free;* Dr. Jimmy Ray Lee; Turning Point Ministries