

## 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 so far 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

ADDICTION



## WHAT IS ADDICTION?

### THE STIGMA OF ADDICTION

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



What can we do about stigma? One single way you can help is to choose to talk about 'people with substance use problems' rather than about 'alcoholics', 'heroin addicts', 'junkies' or 'druggies'. Try this approach whether you are talking about another person or about yourself. When you 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.

ADDICTION



# Refusal Skills Guide For Recovering Addicts

**RJ Alexander**



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