


ADDICTION STUDIES 13
BASIC KNOWLEDGE
PRESENTATION





Name and describe the three (3)
“Cardinal Signs
&
Symptoms”
of
chemical dependency/addiction:

- 1. **Denial---** (think) minimize , justify & rationalize
- 2. **Repressed feelings---** (feel) stuck feelings
- 3. **Compulsive behavior---** (do) compelled behavior




Name the four (4)
“Major Complications”
of
chemical dependency/
addiction:

- 
- 1. Low self-esteem
 - 2. Medical or physical problems
 - 3. Relationship problems
 - 4. Spiritual degeneration



**What is the
definition of
addiction?**

- **If as a result of using any chemical of dependency, problems occur or re-occur, in any of the major areas of life, (mind, body, emotion or spirit), despite promises to slow down or stop, and despite manifested problems that continue to occur, then one is said to have the illness, disease or disorder of chemical dependency/addiction.**



**Name the four (4)
characteristics of the
Limbic System
Theory of Addiction:**

- **1. Profound re-occurring urge to repeat the experience. (urgency)**
- **2. This urge becomes stronger than any other urge. (primacy)**
- **3. It is automatic, (requires no trigger).
(automaticity)**
- **4. It is incurable, chronic and irreversible. (chronicity)**

**What are the five (5)
therapeutic
“Dynamics” of
Alcoholics
Anonymous?**

- **A. Admission of the alcoholism. (Step 1)**
- **B. Personality analysis and catharsis.
(Steps 4-5-6 & 7)**
- **C. Adjustment of personal relationships.
(Steps 8-9 & 10)**
- **D. Belief in a higher power. (Steps 2-3 & 11)**
- **E. Working with other alcoholics. (Step 12)**



**Recovery depends on
what the addict is:**

A. Feeling

B. Thinking

C. Doing



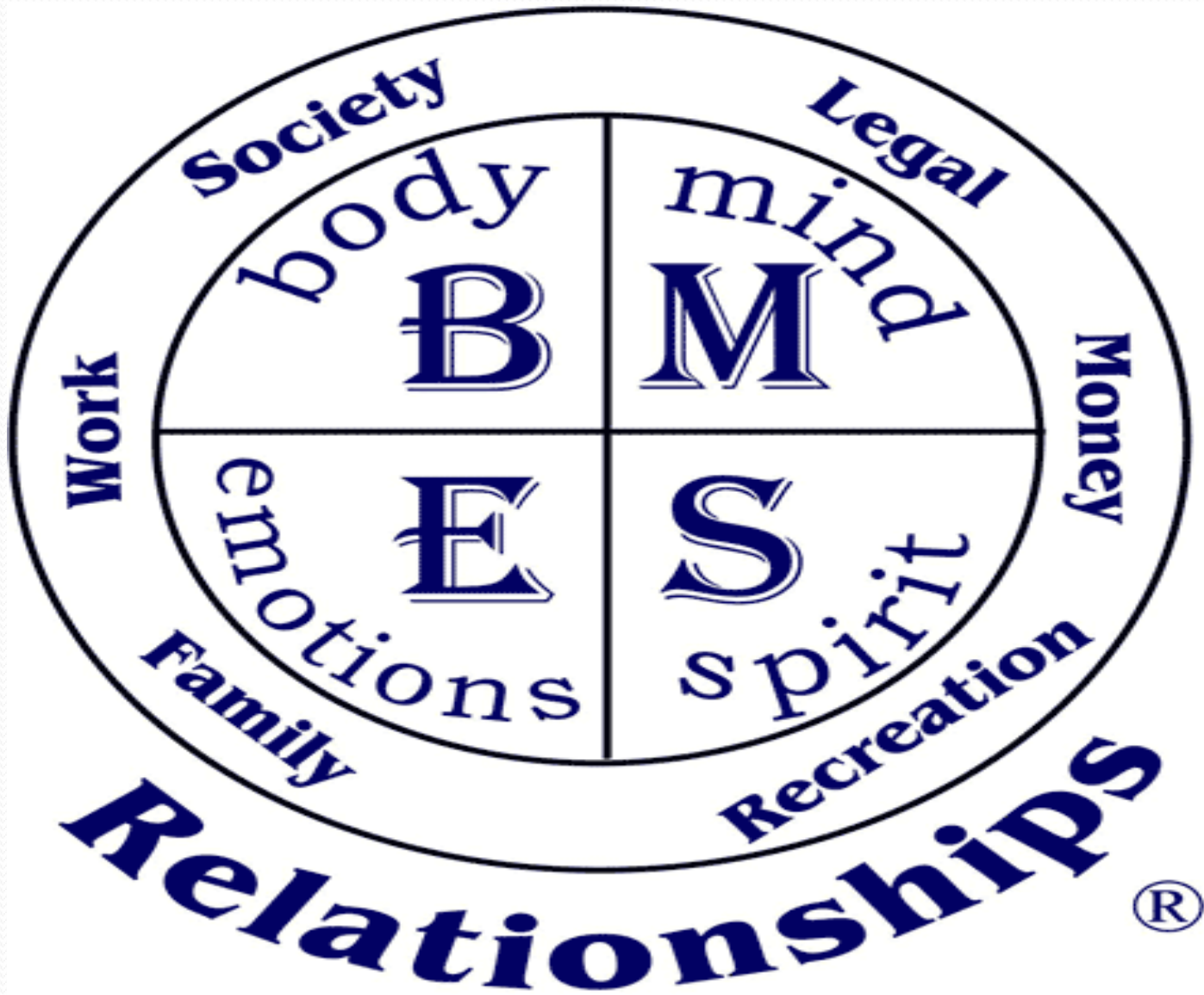
Doing,

**it is all about getting
into action and taking
the necessary measures
to change your life...**

**Name the four (4)
components of a
human being,**


(a “whole person”)


**that we must envision our
clients to be.**



**What are the
four criteria we that
must be met to
provide proof of
continued recovery?**


(for recovered, nor cured, persons)

- 
- **Clean & sober for at least 1 year.**
 - **A visible program of recovery.**
 - **Committed to recovery.**
 - **Cherish and value their new way of life.**



What are the eight indicators which can be useful to assess or identify a problem or presence of addiction?

- Preoccupation
- Increased tolerance
- Rapid payoff
- Acting alone
- Use as medicine or panacea (cure)
- Blackout
- Protect supply
- Unpremeditated excessive practice



Sexual addiction, compulsive gambling problems and all eating disorders, are just a matter of mastering restraint and gaining the willpower needed to control the problem.


- **FALSE**
- **These disorders are no different than any other manifestation of addiction and need to be treated as such.**



**Is addiction
considered a disease?
Why or why not?**

Yes, because it fits the 7 criteria for a disease:

- **It can cause death**
- **It is progressive**
- **It is primary**
- **It is chronic**
- **Re-occurring (relapsing)**
- **It is incurable**
- **And treatable**



**For persons suffering
with the disease of
addiction, what helping
technique works best
for most???**

- 
- **An appropriate
12-step program**