

## Addiction



## What is addiction?

Addiction is the state of being enslaved to an activity and experience that is psychologically or physically habit-forming



## Two forms of Addiction

Substance addiction



Process addiction



Addiction is not just about drink and drugs



## Effects of Addiction

- on the individual
  - Psychologically
  - Physically
- on relationships
  - Friends
  - Family
  - Work colleagues



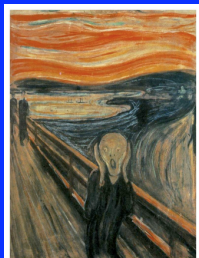
Carry too much and you could flip out!



- Stress is one cause of addiction

### Causes of Addiction

- Painful insecurity
- Addiction fills in the gaps
- Anxiety
- Habit
- Triggers
- Because its fun
- Because others do it



### How to help?

- Be safe –physical and emotional



- Don't judge
- Emphasize the alternatives
- Make a plan –HALT
- The woman at the well- John 4
- Provide community
- Onward referral
- The balance between asking for help and independence

### Tell a new story

God rewrote the text of my life when I opened the book of my heart to his eyes

Psalm 18.20 The Message



### The 12 Steps 1-8

- 1. We admitted we were powerless over alcohol—that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*. 4. *Made a searching and fearless moral inventory of ourselves.* 5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.* 6. *Were entirely ready to have God remove all these defects of character.* 7. *Humbly asked Him to remove our shortcomings.* 8. *Made a list of all persons we had harmed, and became willing to make amends to them all.*