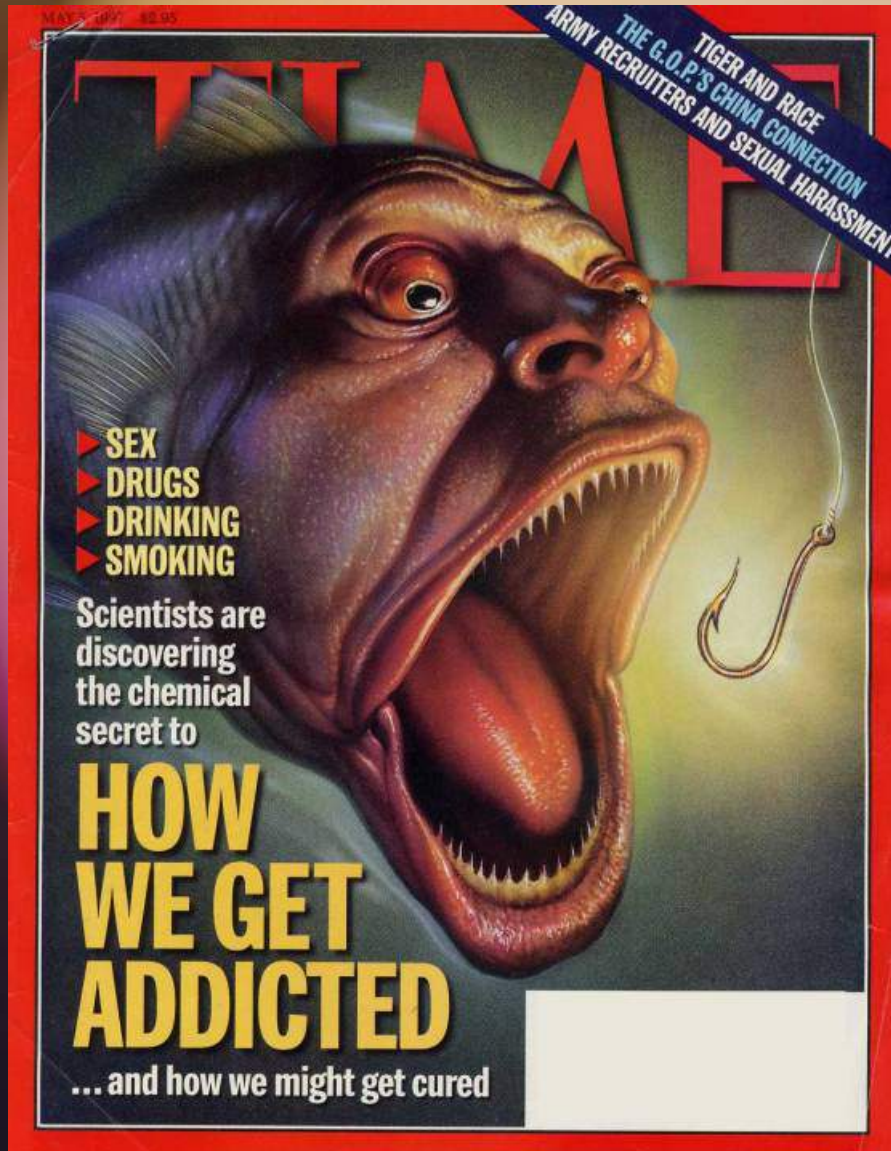


A bird's eye view

Richard Winter

Dependence,
Addiction, and Recovery





Addiction



“My precious...”

Addictions

- ♦ An overpowering, repetitive, excessive need exists for some substance, object, feeling, act, environment or personal interaction, and this results in compulsive behavior.
- ♦ Habit, compulsion, abuse, dependence, addiction
- ♦ Craving...Compulsion...Continued...loss of Control

Addiction by degrees

- ♦ Substance abuse (Use excessively on regular basis)
- ♦ Dependence (compulsion and physical need)

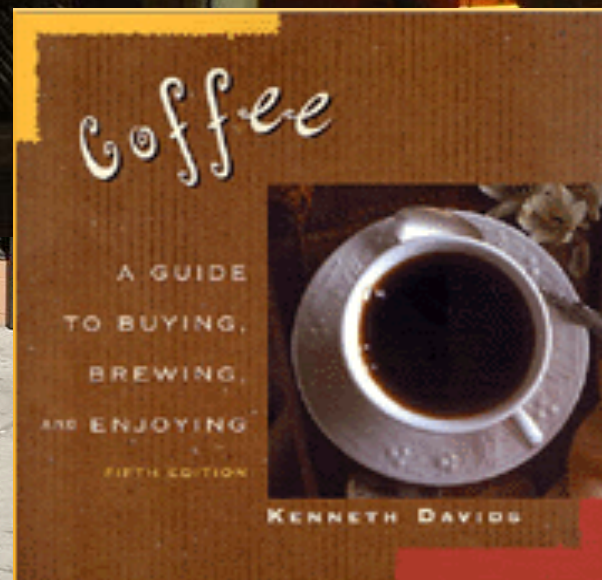
Substance Abuse

- ♦ Stimulants

STARBUCKS
COFFEE



STARBUCKS
COFFEE





Caffeine

- ♦ Drip Coffee 115-175 mgm/cup (250mls)
- ♦ Brewed coffee 80-135 mgm/cup
- ♦ Black tea brewed 40-60/cup
- ♦ Green tea 25/cup

- ♦ Starbucks Grande coffee
320 mgm! (259-564mgms)



<http://www.energyfiend.com/the-caffeine-database>

Nicotine

- ♦ 23% men, 18% women smoke (USA 2005)
- ♦ 44% age 18-25
- ♦ A third of all smokers make serious attempts to quit each year. 90% resume within 1 year. Multiple attempts to stop.
- ♦ 80% of all who try smoking become addicted to nicotine





Nicotine

- ♦ Brain stimulation
- ♦ Cigarettes kill 440 thousand a year in USA-
 - more than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire and AIDs combined



Stimulants

- ♦ Caffeine
- ♦ Nicotine
- ♦ Amphetamine
 - ♦ Meth
- ♦ Cocaine
- ♦ Glue
- ♦ Ecstasy...



Neuro-enhancement

- ♦ Adderall
- ♦ Ritalin
- ♦ Provigil



Anabolic Steroids



Substance Abuse

- ♦ Stimulants
- ♦ Depressants

Alcohol

- ♦ 23% Population binge drink (42% 18-25)
- ♦ 7% Heavy drinking (15% 18-25)



Benefits and risks

- ♦ 1drink/day: less risk of heart disease and stroke - reduces bad cholesterol
- ♦ Women: More than $\frac{1}{2}$ drink/day increased risk of breast cancer
- ♦ Women more easily addicted

Progression

- ♦ Casual/social... regular consumption of excessive amounts... reliance on alcohol/drug for relaxation and anxiety relief. Sometimes *Binge drinking*
- ♦ Growing anticipation - *of welcome effect of chemical*
- ♦ Growing rigidity - *around times and occasions of drinking*
- ♦ Growing physical tolerance - *need more ingenuity to get the amount*

Addiction - 3 or more of following:

- ♦ Tolerance
- ♦ Withdrawal
- ♦ Taking more and for longer than intended
- ♦ Wanting or trying unsuccessfully to cut down
- ♦ Spending a great deal of time under the influence
- ♦ Giving up other interests/activities for drug/habit
- ♦ Using despite harmful physical or psych effects

Substance Abuse

- ♦ Depressants (“downers”)
 - ♦ Sedative-hypnotics

Barbiturates
Valium, Xanax
Sleeping pills (Ambien,
Lunesta...)



Substance Abuse

- ♦ Depressants
 - ♦ Sedative-hypnotics
 - ♦ Opioids/Narcotics

Heroin



Cocaine/Crack

Substance Abuse

- ♦ Other Pain killers
 - ♦ {Heroin (153,000 users)}
 - ♦ Vicodin, Oxycontin, Demerol... (5.2 million non-medical use in 2007)
- ♦ Hallucinogens



Marijuana

- ♦ 6-10% adults who use become dependent
- ♦ 12-18% addicted if start under age 18
- ♦ Many use to medicate depression and anxiety
- ♦ Long term use:
 - ♦ Slow processing of complex information.
 - ♦ Deterioration of memory and learning

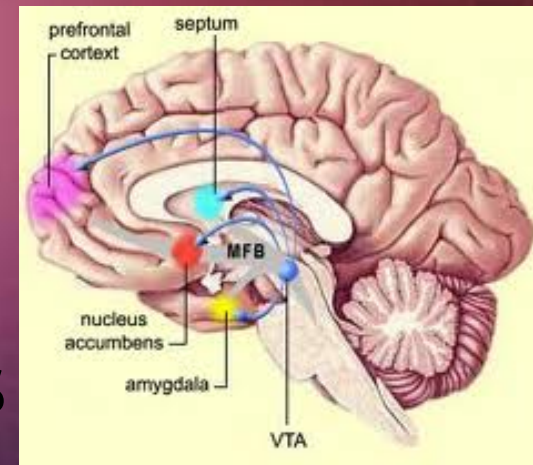
LSD
Mescaline





Common path

- ♦ Dopamine release in pleasure centers
- ♦ Genetic influence on pleasure circuit (40%)
 - ♦ Some need more stimulus to feel pleasure
- ♦ Stress ++ - need to reduce pain and find pleasure
- ♦ Early life circumstances - chronic stress



- ♦ Pleasure - so repeat for more
- ♦ Tolerance so need dose increase and more frequent
- ♦ Liking... to wanting... to craving
- ♦ Do it to not feel bad - eg: sleep, get up, face day, avoid anxiety, avoid helplessness, stop shakes...
- ♦ Brain rewired

- ♦ Can be physically dependent but not psychologically addicted
- ♦ Vietnam vets

Process/Lifestyle Addictions



Process/Lifestyle Addictions

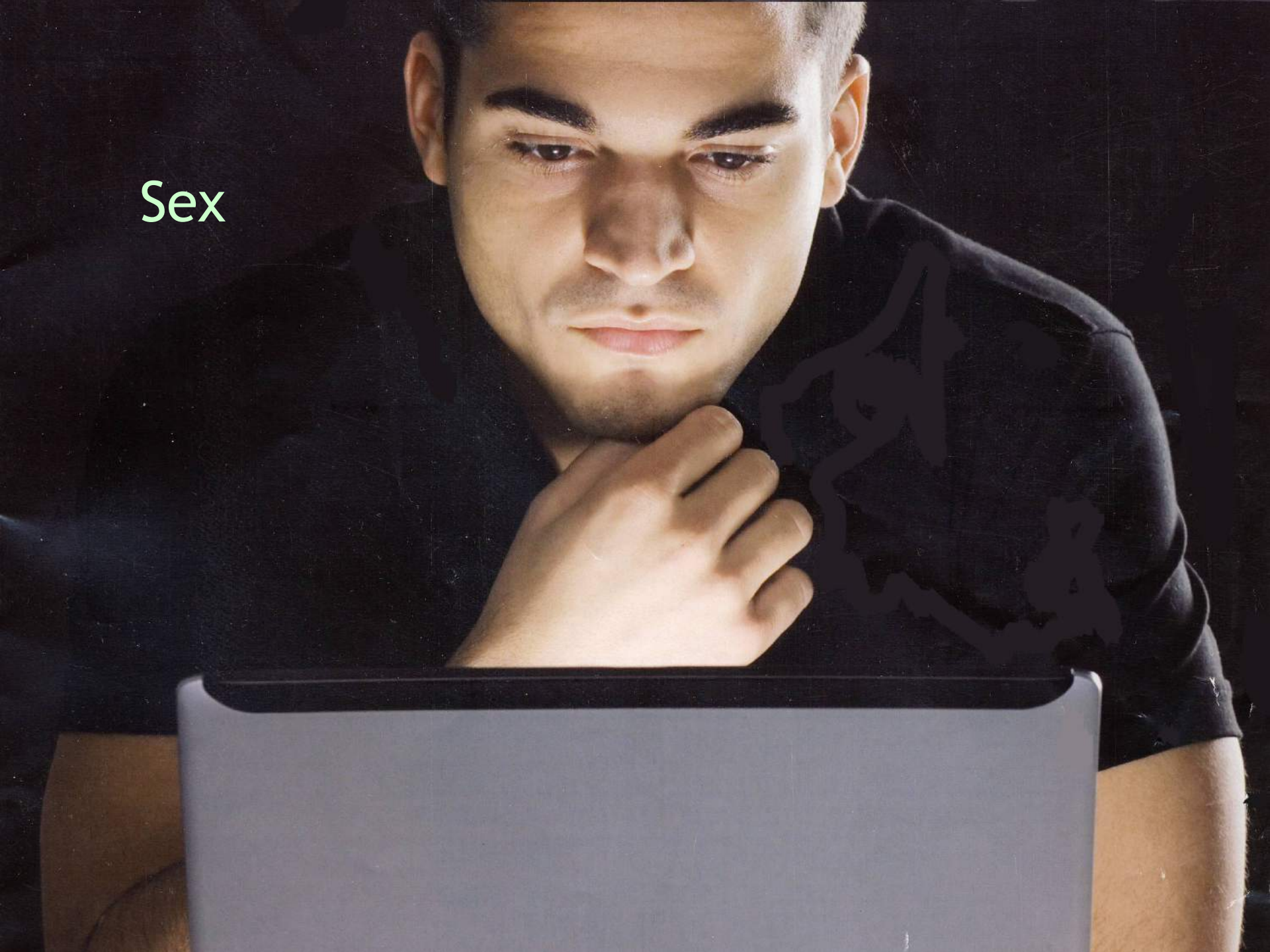
- ♦ Shopping
- ♦ Internet
- ♦ Sex
- ♦ Gambling
- ♦ Food



Food

- ♦ Have to eat to live!
- ♦ Obesity - av weight up 26 pounds since 1960 - 33% obese, 33% overweight...
 - ♦ 90% obesity is food addiction
 - ♦ 10% metabolic disorder
- ♦ Genetic predisposition (80%)
- ♦ Stress factor
- ♦ Eating sweet, salty, and fatty foods rewires brain

Sex



The Pull of Porn - Quick and Easy

- ♦ Real relationships often difficult
- ♦ Fantasy easier than reality
- ♦ Release without responsibility
- ♦ Sense of Control
- ♦ But eventually... controls you!

Feels good!

- ♦ Addictive nature of orgasm - intense pleasure
- ♦ Channeling emotional tension
 - ♦ Mood altering
 - ♦ Numbs pain

Vulnerability

- ♦ Abuse
- ♦ Family dysfunction
 - ♦ Worthless
 - ♦ Unlovable
 - ♦ Alone
 - ♦ Disconnected

Process/Lifestyle Addictions

- ♦ Shopping
- ♦ Pornography
- ♦ Gambling

Gambling

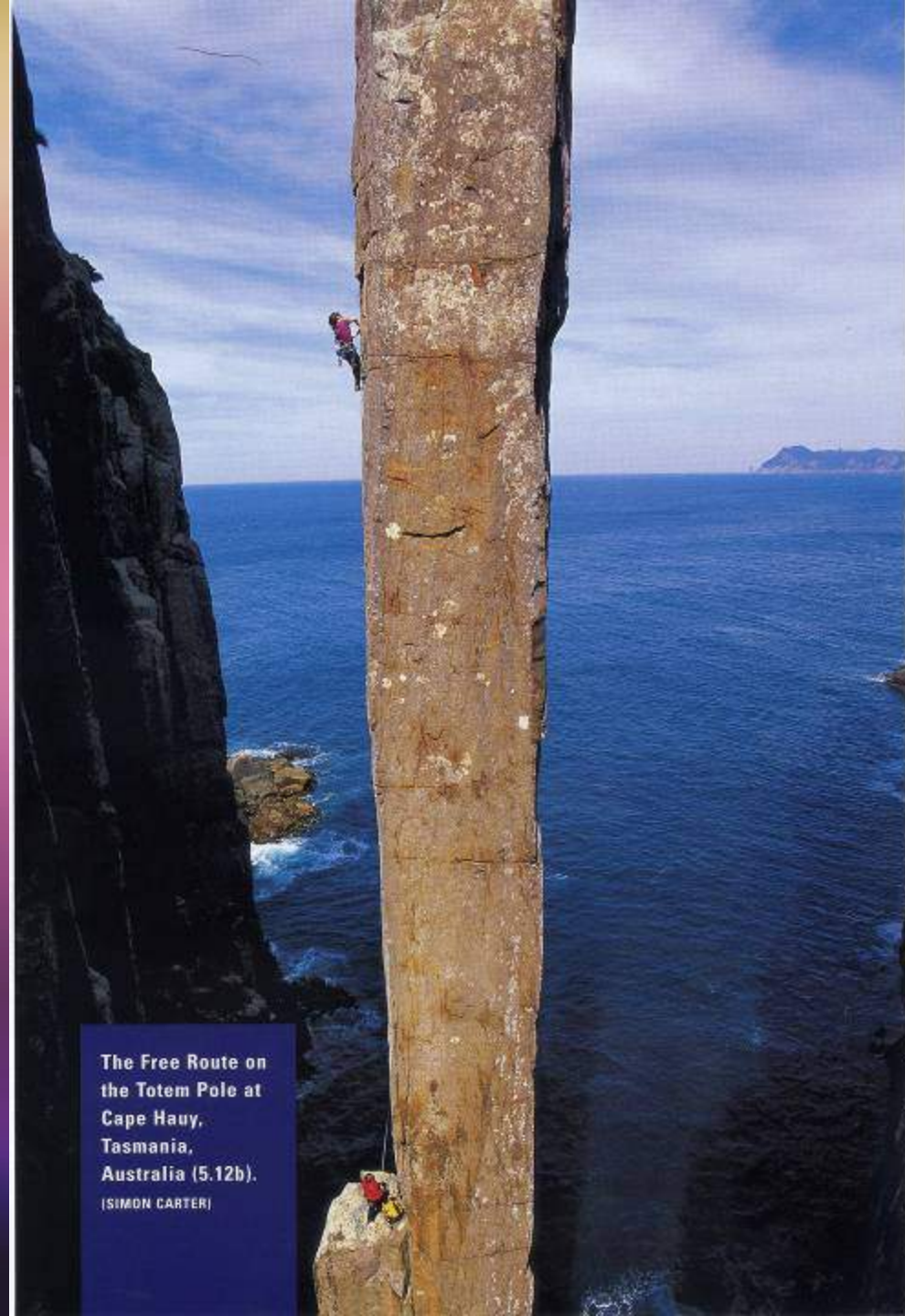
- ♦ In a study of 222 pathological gamblers, 65% said refraining from betting gave them “withdrawal symptoms” like insomnia, headaches, upset stomach, even sweating and chills

- ♦ Work
- ♦ Computer games
- ♦ Video games
- ♦ TV
- ♦ Movies
- ♦ Sport...

*It is only when my
body is screaming
towards earth that
I feel most truly
alive.*



Vertical life
extremely
addictive...
Hard time
dealing with the
mundane...!



**The Free Route on
the Totem Pole at
Cape Hauy,
Tasmania,
Australia (5.12b).
(SIMON CARTER)**



♦ Positive and negative addictions?



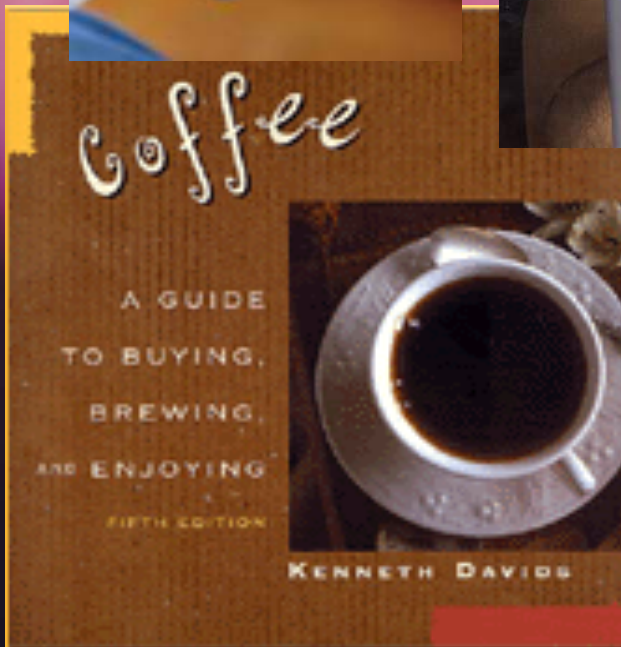
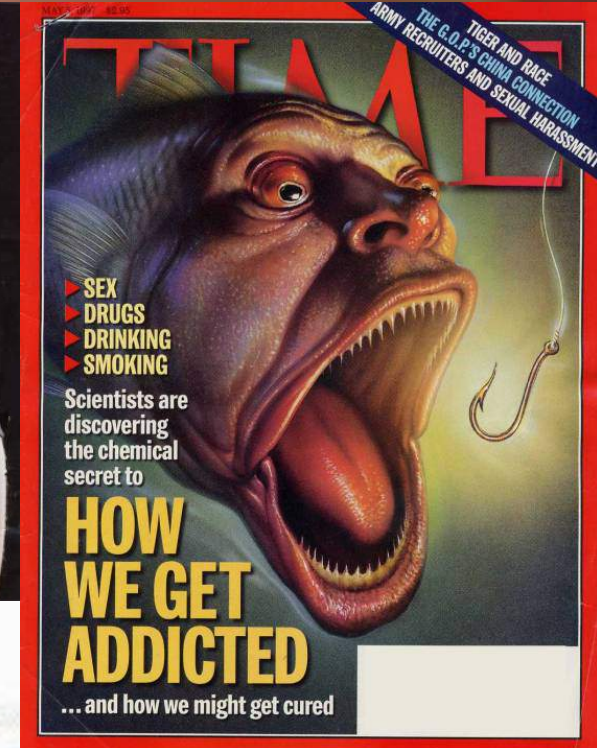




Central theme

- ♦ Escape from painful feelings, thoughts and reality.
- ♦ Avoid uncomfortable emotions
- ♦ Illusion of control/power/hope
- ♦ Get pleasure - avoid pain

Living on the Edge... Addiction



Addiction and Scripture

- ♦ Captured by the beast (Gen 4:7)
- ♦ Disordered desires - Prisoner to sin
 - ♦ So I find this law at work. When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in my body, waging war against the law of my mind and making me a prisoner to the law of sin at work within my members. What a wretched man I am? Who will rescue me from this body of death? Romans 7: 21-25
- ♦ Adultery (Ezek 16)
- ♦ Folly (Prov 1-11)
- ♦ Idolatry - a disorder of worship (Ps 115, Ezek 14)

Family Dysfunction

Abuse

Addiction

PTSD

Stress

Grief

Loneliness

Anxiety

Shame...

No meaning

Behavior

Heart

Brain

Choices

Availability

Pleasure

Instant
Gratification

Freedom
from pain

Worship of false gods

“What fires together
wires together”

Moving into healing

- ♦ Heart issues and vulnerability...
 - ♦ Numbing pain?
 - ♦ Meeting legitimate longings in wrong ways?
- ♦ Behavior and thought life battles
- ♦ Retraining the brain
- ♦ Honesty in relationships (community)
 - ♦ Dealing with shame, guilt and fear
- ♦ Learning healthy lifestyle (exercise...)

Freedom

- ♦ If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free... Everyone who sins is a slave to sin... If the Son sets you free, you will be free indeed. John 8:31-36
- ♦ He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release for the prisoners. Isaiah 61:1