



Key components of addiction/dependence:

Compulsion - the person feels compelled to use. Simply making a rational decision to not use is often not adequate to facilitate stopping a compulsive behavior. Compulsive use is often evident in a users unsuccessful attempts to control or regulate use of a substance or of a problematic behavior.

Continued use despite adverse consequences - addiction involves continuing to use even though one knows it is causing problems. Substance abuse or compulsive behaviors can adversely affect relationships, job functioning, health, finances, and the capacity to manage ones life on all levels.

Craving - craving often occurs daily, or is experienced with regular binges. The user experiences intense psychological preoccupation with getting or using the substance, or with performing the compulsive behavior.

Denial - denial involves a true distortion of perception caused by craving. The user, under the intense pressure of acute craving, is temporarily blinded to the risks and consequences of using. Addictive disorders exist along a continuum from risky or problematic use through varying types of abuse. Many individuals never progress beyond risky behavior, and others cycle back and forth through periods of abstinence, excessive use, and dependence.

There are four different stages of addiction:

- Use
- Misuse
- Abuse
- Dependency/addiction

A thorough assessment from a trained clinician will help you understand the severity of your use, and will provide guidance toward change.

For more tips and information call Dr. Gail Gabbert at (815) 777-2850 or at interactionstherapycenter.com.