

Addictions

What is an Addiction?

Any repeated behaviour, substance-related or not, which a person is compelled to persist, regardless of its negative impact on his/her life and the lives of others.

Indicators of Addictions:

1. Compulsive engagement with the behavior; a preoccupation with it
2. Impaired control over the behaviour
3. Persistence or relapse, despite evidence of harm
4. Dissatisfaction, irritability or intense craving when the object, be it a drug or other, is not immediately available

Common Substance Addictions:

- Alcohol
- Marijuana, Pot, Weed, Smoke, MJ
- Cocaine
- Heroin, H, Horse, Junk, Smack
- Crystal Meth, Speed, Crank, Ice
- Ecstasy, X, XTC, Love Drug
- GHB, Grievous Bodily Harm, Salty Water
- Ketamine, Special K, K
- Poppers, TNT Liquid Gold, Rush
- Inhalants
- Nicotine
- Caffeine
- Prescription drugs
- Sugar
- Food
- Over-the-counter-medications

Common Non-Substance Addictions:

- Shopping
- Sex
- Gambling
- Exercise
- Video games
- Work



Some Common Characteristics of Addiction:

- Denial, refusal to believe or accept there is a problem, minimizing
- Dishonesty, manipulation
- Loss of control over one's life goals, dreams, aspirations etc..
- Relationship issues; broken promises, violence, etc.
- Progressively, the use increases and get worse
- Hopelessness/Helplessness
- Guilt/Remorse

How Do I Know If I Have a Problem with Substance Use?

- Have you ever felt you ought to cut down on your substance use?
- Have ever used a substance to change your mood? The way you feel?
- Have people ever annoyed you by criticizing your substance use?
- Is using a substance affecting your intimate relationship? Your family life?
- Is your substance use affecting your work or schooling?
- Can you always predict what will happen once you start using the substance?
- Have you ever felt bad or guilty about your substance use?
- Do you spend a considerable amount of time thinking about using the substance?
- Have you ever had "black-outs" after using the substance?
- Have you ever had a drink or taken drugs first thing in the morning to steady your nerves, get rid of the hangover, or feel "normal"?
- Have you ever had financial or legal difficulties due to using the substance?
- Have you returned to using the substance after attempting not to?

One "yes" answer suggests a possible problem

More than one "yes" suggests there likely is a problem

Please Note:

This questionnaire is only a guide and **does not** substitute for professional assessment.

- Sources: Dr. Gabor Mate'; "In the Realm of Hungry Ghosts: Close Encounters with Addiction" 2008
- "Native Students with Problems of Addictions". Native Adult Education Resource Centre. Okanagan College.1990
- BC Partners for Mental Health and Addiction Information. 2003. Web:heretohelp.bc.ca