

# Addiction

What it is and how to help

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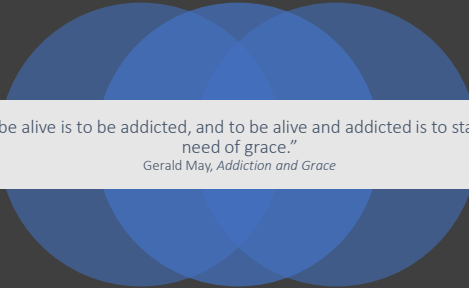
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"To be alive is to be addicted, and to be alive and addicted is to stand in need of grace."  
Gerald May, *Addiction and Grace*

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## Addiction

The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction—or has tried to help someone else to do so—understands why.

Nearly 1 in 10 Americans (23 million) are addicted to alcohol or other drugs. More than 2/3 who struggle with addiction abuse alcohol. The top 3 drugs causing addiction are marijuana, opioid pain relievers and cocaine.



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Group Interaction

How has addiction impacted you?

- Personally?
- Family?
- Friends?
- Other???

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What is Addiction?

An overpowering, repetitive, excessive need that exists with some substance, object, feeling, act, environment or personal interaction.

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When has a good habit become an addiction?

Habit-----Addiction

Example: Running

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## Two Kinds of Addictions




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## Substance Addictions



**Stimulants:** caffeine, nicotine, amphetamines, methamphetamine, cocaine, glue, ecstasy or molly



**Depressants:** alcohol, sedatives (valium, sleeping pills), narcotics (heroin, opioids), hallucinogens (marijuana, acid, LSD, mushrooms)

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## Process or Lifestyle Addictions

Shopping, gambling, pornography, social media, internet, cell phone, email, food, work, sports, video-gaming, watching movies or tv, cleaning house, theology, tradition, freedom from tradition, sex, conflict, anger, stock market, money, 401K, flying, drama, relationships, power, control, hunting, bible reading, reading, acquiring knowledge, prayer, grades, decorating, organizing, ministry, church attendance, success, hygiene, yard work, Amazon Prime, .....

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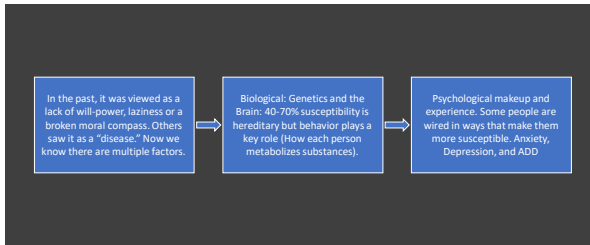
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### What is the Cause of Addiction?



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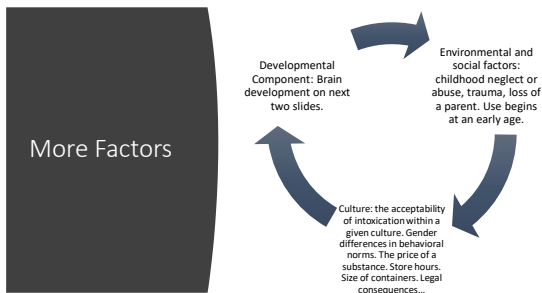
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Very Interesting Statistic

Luckily, this complex mix includes a host of protective factors too, one of the strongest being positive family involvement, which can reduce the risk as well as influence the trajectory of substance problems. In fact, most individuals at risk for substance problems because of their genetics never start to use drugs, much less develop significant problems. Genetic inheritance and past experience do not seal a person's fate.

*Beyond Addiction: How Science and Kindness Help People Change (31)*

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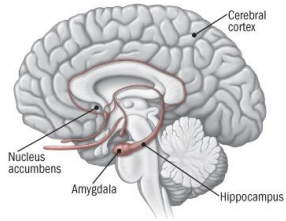
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# How Addiction Hijacks the Brain




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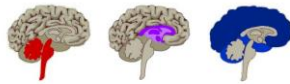
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# The Triune Brain Model

## Triune Brain Theory

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



The Triune Brain in Evolution, Paul MacLean, 1960

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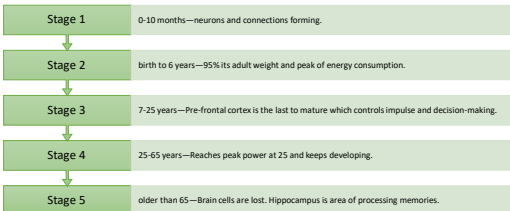
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## How the Brain Develops




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The Addictive Cycle: Nose Drops

- Initial Use
- Abuse
- Tolerance
- Dependence
- Addiction (Signs and Assessment)
- Relapse

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Dopamine balance in the brain is not the only thing that gets disrupted by repeated use of a substance. It also affects key structures in the brain, such as the prefrontal cortex and limbic system. The prefrontal cortex is where we assess risks, weigh consequences, and make plans—in other words, make considered decisions. It manages input from the other parts of the brain like the limbic system and bodily regions, and has been dubbed the braking system of the brain because it makes possible the judgments and decisions that go along with saying no to an impulse. When flooded with a substance, this part of the brain basically shuts down. (Teenagers have a distinct disadvantage here, as their young cerebral cortexes aren't even fully developed.)




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The limbic system, in contrast, is where our sense of drive and urgency come from, generated through emotion, motivation, and in some ways the formation of memories. In the context of substance use or compulsive behaviors, this part of the brain gets excited into overdrive. So a brain that finds its limbic system acutely activated and anticipating the reward of using, and its judgment and decision-making pre-frontal cortex more or less disabled, is a brain that's likely to go forward with the impulse and desire to use—*no stop and all go*. A brain in this state will register the smell of marijuana being smoked, the desire to smoke it, and anticipate the feeling that comes along with smoking, while the reasons not to smoke disappear.




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Beyond Addiction, pp. 33-34

### The Notion of “Permanent Brain Damage”

We now know that our brains are constantly evolving, even as adults. According to the old model of brain function, there were our formative years in early childhood and adolescence, after which, sometime in our twenties, we coasted and declined. Now we know that our brains continue to hone old pathways and activity and forge new one long into adulthood. This is good news for everybody—old dogs not only *can* learn new tricks, they *should*, if they want to optimize their brain functioning—and it is especially good news for people affected by substance problems.



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### A Broken Leg and the Brain

Think of the brain like a broken leg. A bone breaks, and with help—a cast and crutches to prevent reinjury while the person returns to a normal routine, physical therapy to regain strength and flexibility, and family and friends to help and to keep up morale—the bone heals and the person can work, play, run, and jump again. The leg may be more vulnerable to breaking after all that, and the person will need to take care to protect it, but the person can adapt and, for the most part, the body heals. The brain is no exception. (p 31-32)

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CAGE

B-MAST

DSM-V 11 Signs

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# CAGE Assessment

- C**—Have you ever felt like you should CUT back?
- A**—Do others ANNOY you with criticism about the amount you are drinking?
- G**—Have you ever felt GUILTY?
- E**—Have you ever had a drink in the morning (EYE OPENER) to steady your nerves or get rid of a hang-over?

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# Brief Michigan Alcoholism Screening Test (BMAST) 10 Questions

1. Do you feel you are a normal drinker?
2. Do friends or relatives think you are a normal drinker?
3. Have you ever attended a meeting of AA?
4. Have you ever lost friends because of your drinking?
5. Have you ever gotten into trouble at work because of drinking?
6. Have you ever neglected your obligations, your family, or your work for 2 or more days in a row because you were drinking?
7. Have you ever had delirium tremens (DT's), severe shaking, after heavy drinking?

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# B-MAST Continued

8. Have you ever gone to anyone for help about your drinking?
  9. Have you ever been in a hospital because of your drinking?
  10. Have you ever been arrested for drunk driving or driving after drinking?
- Scoring:  
Each "yes" answer is scored as 1 point, except questions 1 and 2 where a no is scored as 1 point.
- 4 points is suggestive of abuse
  - 5 points or more indicates addiction

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### DSM-5: 11 Signs and Symptoms of Substance Use Disorders

- Using more of the substance than the person originally planned
- Being unable to stop using the substance
- Experiencing relationship problems based on substance use
- Spending large amounts of time seeking or using the substance, or recovering from use
- Reducing participation in favorite activities in favor of substance use

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- Being unable to keep up with daily responsibilities due to substance use
- Craving the substance
- Continuing to use the substance despite negative health effects
- Regularly using the substance in dangerous situations (while driving or operating machinery, etc.)
- Developing tolerance for the substance, as described above
- Experiencing withdrawal symptoms when use is stopped

2-3 = mild substance use disorder  
 4-5 = moderate disorder  
 6 or more = severe substance use disorder or addiction

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What is the Major Theme in Addiction?

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*Maximizing Pleasure and Minimizing Pain*

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In order to help a person, you have to know what the pain is. Often, they don't know.

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The Important *Theological* Perspective That Scripture Brings to the Discussion?

What is the biblical language of addiction? Can the Bible capture the experience of addiction?

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What Perspective Does Scripture Bring to the Discussion of Addiction?

What is the biblical language of redemption. Can it capture the experience of change?

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### The Centrality of the Heart

As nearly as I can tell, our core is what Hebrew and Christian spiritualities have called heart. It is the aspect of oneself that is not only one's own center but also where one can be in closest, most directly feeling contact with the presence of God. And it is meant to be the center of our will, the nucleus of all choice and action.

*Addiction and Grace: Love and Spirituality in the Healing of Addictions, Gerald May (p.102)*

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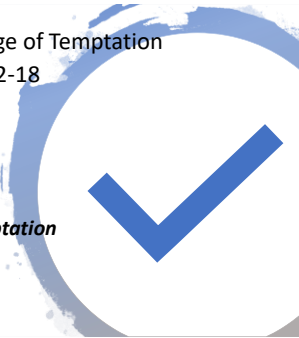
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### I. The Biblical Language of Temptation

James 1:2-18

1. To Test or to Prove-**Trial**  
Verses 2 and 12
2. To Trap or Ensnare-**Temptation**  
Verses 13-14



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*Thus temptation is like a knife. It may be useful to cut the meat, or to cut the throat of a man. It may be a man's food or poison, his exercise or destruction.*

John Owen, *Temptation*

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## II. What Are the Contexts of Temptation?

- 1. Conditions Making it Difficult to Obey  
James 1:9: Poverty/Adversity
- 2. Conditions Making it Easy to Disobey  
James 1:10: Riches/Blessing

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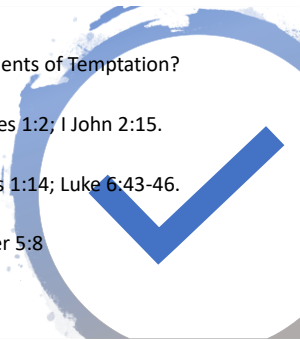
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## III. What Are the Elements of Temptation?

- 1. The World (External): James 1:2; I John 2:15.
- 2. The Flesh (Internal): James 1:14; Luke 6:43-46.
- 3. The Devil (Spiritual): I Peter 5:8




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## IV. What Are The Stages of Temptation?

- 1. External Situation: Heat (James 1:2)
- 2. Internal Warfare: Heart (James 1:14-15)
  - A. Seduction: "evil desires"; "enticed"
  - B. Conception: "Temptations Hour"
- 3. External Action: Response

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V. The Dynamics of Entering Into Temptation  
"Seduction and Conception"  
*False Worship*

1. Resentment
2. Pondering
3. Arguing
4. Convincing

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Image credit: [unreadable]

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VI. How We Enter Temptation's Hour

1. Through Long Solicitations
2. It is Restless, Urgent and Argumentative
3. Both-Fear and Pleasure Come Together

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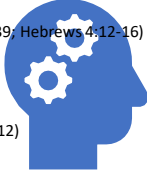
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VII. How Do You Fight Temptation?

1. Quickly Dismiss Unhelpful Defenses
2. Know Your Own Weaknesses and Pray (Psalm 139; Hebrews 4:12-16)
3. Recognize Temptation In Its Early Stages
4. Don't Be Surprised When Tests Come (I Peter 4:12)



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5. Take Temptation Seriously And Act Decisively In Necessary (Matthew 5:27-30; I Corinthians 6:18)
6. Wisely Broaden the Circle of Encouragement and Accountability (James 5:16)
7. Understand the Context of the Christian Life (Ephesians 5:16)



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8. Be Careful to Not let Liberty Lead to License. (I Corinthians 6:12)
9. Ultimately Understand That You Worship Your Way Into Sin And You Must Worship Your Way Out!

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- Treasure Christ and Obey
- Correct Convincing
- Argue with Arguing
- Combat Pondering
- Fight Resentment
- Name the Desire




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For Christ, the way to abundant grace and forgiveness is through himself, away from all possible objects of attachment. "I and the way"; "Follow me"; "I am the bread of life"; "I will give you the living water"; "Whoever comes to me will never hunger"; "Come unto me all you who labor..." Jesus was the New Adam, the profound love gift of God entering the world to effect a reconciliation of humanity with God, to restore a right relationship to those who were unfree, who had aligned themselves away from God, who had been crippled in their love. He can for sinners who had missed the mark of responding to God's love. To put it bluntly, God became incarnate to save the addicted, and that includes us all.

*Addiction and Grace: Love and Spirituality in the Healing of Addictions, Gerald May (p.114-115)*

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How do we help someone who is struggling with addiction?

*Toughest People to Love, Chuck DeGroat*




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The Functional Level: The seriousness of the addiction and the person's awareness.

- Short Term and Strategic. Addressing the very pressing behavioral issues. You must immediately address the seriousness of the problem.
- How often is the person abusing and in what context?
- What are the triggers that lead them to abuse?
- Is suicide an issue and how will you assess?
- How are personal and work contexts being impacted?
- How is family being impacted?
- How will person struggling with addiction get his most basic needs met? Food and shelter (do research on local homeless shelter)?

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The Systemic Level: This can only be done if the person has been stabilized at the functional level.

- This level probes further, addressing root causes including one's past and current family system. Family Systems and Homeostasis.
- Internal Work: individual therapy of the person's life, significant family relationships and other key elements (biological, developmental, etc.)
- Interpersonal Work: this can begin to be addressed and healing can happen in his relationships.

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The Transformational Level: A new "knowing" of God's grace and love.

- This level goes beyond the first two and asks, "Where is God in this?"
- Secure attachment to the Father, through the Son and by the Holy Spirit.
- How does God's love bring healing in the midst of pain.
- How does God become the place of refuge for the person struggling with addiction rather than the addictive behavior or substance?
- The change process includes relapses for all of us. Don't be surprised when this happens.

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### Who Else Are You Going to Help?

How can you accept your loved one until she stops doing what she's doing? One way is to have your well-being not wholly depend on her, and by devoting energy to something outside of your concern for her. When you take care of yourself, you build strength to both tolerate what you can't change and change what you can. At the same time, as a calmer, happier person, you will be contributing to an atmosphere that is conducive to the change you hope to see in your loved one, and you will be modeling healthy behaviors you wish for in your loved one (102).

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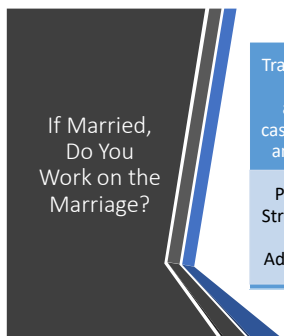
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Traditional therapy was needed only for the person struggling with addiction. That is no longer the case. If they are married, there are 3 angles that need to be addressed:

Person Struggling with Addiction	The Spouse	The Couple
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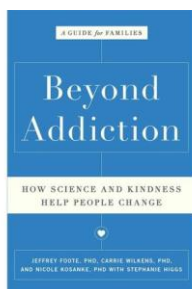
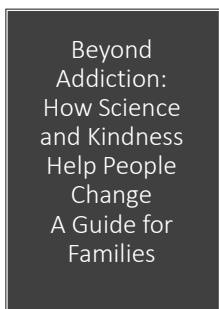
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## Part One: What to Know

1. What is Addiction?

Knowing how the brain gets hijacked is important. P.33

2. Motivation: Why Do People Change?

External and Internal Motivation. P.48, 61

3. Change: How Do People Change? P. 71-72

*Over time. With stops and starts, along a crooked line. With practice. With ambivalence. More often than not, without formal help. When the trade-offs seem worth it. With a little help—sometimes a lot of help—from friends and family. With anguish. With effort. With joy. P. 69.*

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*Willpower gets a lot of play in popular culture when it comes to change, but joy takes people much, much further. People are unlikely to persist in a change that does not have its own pleasures.*

Beyond Addiction: How Science and Compassion Help People Change

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## Part Two: How To Cope

4. Start Where You Are.

5. Self-Care I: Damage Control

6. Have Your Limits

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### Part Three: How To Help

- 7. Start Where They Are
- 8. Goals (and Problems)
- 9. Positive Communication
- 10. Positive Reinforcement
- 11. Consequences
- 12. Treatment Options
- 13. Suggesting Treatment
- 14. During Treatment

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