DISEASE MODEL OF ADDICTION

LOIS THOMSON BOWERSOCK & associates, llc

OBSESSION

 A persistent idea that dominates a person's thoughts

DEGENERATIVE DISEASE

- Physical and emotional health break down under repeated abuse
- Irreversible and permanent state
- Overworked organs and glands
- Exhaustion and malfunction

WITHDRAWAL

Triggered by removal of toxic substance

CRAVINGS

- Needs substance to function
- Need gradually increases in urgency

COMPULSION

- An overwhelming urge to do something
- Turning obsessive thoughts into action

DENIAL

- Simple Denial: It's not a problem.
- Minimizing: It's not that bad.
- Justifying: I'm like this because...
- · Rationalizing: I'll stop when/if ...
- Blaming: If you didn't ...

TOLERANCE

 Increased amounts needed to produce the desired effect

ALARM

 Adverse reaction to toxic substance

ADÀPT

- · Dependency and tolerance increase
- Changes:
 - Insulin Levels
 - Neurotransmitter Levels
 - Compromised Immune System