



6 STAGES OF ADDICTION



1 INITIAL USE

Risk Factors

Abuse or neglect, a chaotic living environment, family history of substance abuse or mental health disorders, peer group pressure, family permissiveness, depression, social issues, or loneliness.

2 ABUSE

Recurrence

Harmful repeated use not to serve the original social or treatment purpose, but simply to "get high." (Abuse with heroin or methamphetamine occurs on first use.)

3 TOLERANCE

Changes In Brain Chemistry

Because of changes in the brain, the original dosage no longer produces the same effect. Dosage and/or frequency is then increased, raising tolerance again in a destructive cycle.

4 DEPENDENCE

Part Of Life

Day-to-day functioning of mind and body now depends on recurring usage of the substance. For example, pleasure cannot be felt without it.

5 ADDICTION

Chronic and Specific

A specific, chronic mental health disorder with defined symptoms and behaviors used to diagnose the condition. The 11 signs and symptoms of addiction are listed at [PsychCentral](https://www.psychcentral.com/addiction/signs-symptoms/).

6 RELAPSE

40-60% Will Re-Use

Over time, control is lost and the person re-uses. This doesn't mean he or she is a bad person, only that the treatment needs to be adjusted or other help is needed.