

# SELF TREATMENT FOR DRUG ABUSE



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# Foreword

In today's society it can be quite tempting for a person to seek out a source of instant gratification to help them cope with the struggles that they face from day to day. Unfortunately, this search leads many people to a path of drug abuse. In most cases, people who abuse drugs destroy their life and turn everything upside down and backwards.

Drug use will start off as occasional use in most cases. However, most people who abuse drugs will surely find themselves addicted to the drug, sooner or later. Addiction can be very hard to break free from and as mentioned before, addiction can completely ruin a person's life. The effects of addiction will start off slow but before you know it you will be stuck in the pit of addiction and it will seem as if there is no way out.

You may be one of these people who are lost in addiction and cannot find their way out or you may know someone who is going through this. If this is the case you are reading the right book. The following chapters in this book will explain the basics of drug addiction and provide you with some pointers that will be very useful for trying to beat your addiction.

It is important to keep in mind that the process of beating an addiction is extremely difficult and you may experience setbacks. If and when these setbacks occur you must not give up and you must continue the fight. After all, you are in a fight for your life!

# **Self Treatment for Drug Abuse**

# Chapter 1:

## *Drug Abuse Basics*

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### **Synopsis**

Are things spiraling out of control in your life? Is there something going on that is ruining everything in your life? Do you think that a drug addiction is behind all the problems in your life? If you answered yes it is time to begin change and to regain control of your life.

When some people choose to battle their addiction they choose to do so without the help of a rehab or other treatment center. Whether you are fighting your addiction alone or with help it is important that you understand the basics of drug abuse and addiction.

The following chapter will go over the basics of drug abuse and addiction and provide you with some very useful information that will make it much more likely for you to succeed in your battle against drugs. If you are serious about making life changes continue reading and start the battle today!

## **The Basics**

As mentioned before, whether you are trying to beat your addiction on your own or you are utilizing outside services such as counseling or drug rehabs, it is extremely important that you are very knowledgeable of the basics of drug abuse.

Believe it or not you have already made the first step on the journey to a better life. You may be asking how that is possible. The answer is simple, you have searched for help and that is how you stumbled across this book. The first step to beating an addiction is realizing and accepting that you have a problem.

It is important that you are honest with yourself about how bad your problem has become, this is usually easier said than done. This is because it is much easier to make the negative outcomes of your drug abuse seem less damaging than they really are. Minimizing the seriousness of a problem is what allows an addict to continue abusing drugs and slowly killing themselves. In most cases, the realization of how bad things have really become does not happen until the addict hits rock bottom. Rock bottom is a term that refers to when an addict hits a new low in life. There is nowhere lower to go than rock bottom and that is why it takes most addicts hitting it before they realize they have a problem.

If you are not quite sure if you have an addiction or not there are some questions you need to ask yourself. The following warning signs of addiction and questions you need to ask yourself will be of great help in determining if you have an addiction or not.

## **Do Drugs Control Your Thoughts?**

Does it seem like no matter what is going on in your life your brain seems to always find a way to shift its focus back onto drugs? An example of this may include sitting at your child's little league game and the entire time thinking of your next fix. This is a common sign of a drug addiction and if you are experiencing this negative impact of drug abuse you are likely addicted to that drug.

Another common sign of drug addiction is when things that would not normally be drug related remind you of drug use for some reason. An example of this may be seeing something that looks like the same shape as a pipe making you want to smoke or seeing a spoon and suddenly craving for heroin. To some this may seem crazy but those who are addicted to drugs are aware of how true this really is.

## **Are You Changing?**

Drug abuse and addiction will eventually change you. Take a good look at your life and ask yourself, am I changing? It is important that you are honest with yourself while doing this because the only person you will be cheating by being dishonest is yourself. There are some key point you need to look at such as if you are losing your friends, if you are losing interest and motivation in life, if you are becoming unsocial, and if everything in your life is becoming related to drug abuse in one way or another. If the answer to any of those questions is yes it is very likely that you have a drug addiction.

## **Are You Spending More Money Than You Can Afford?**

A lot of people who are addicted to drugs will find that they need more and more of the drug to try to reach the same high that they are used to. This is referred to as chasing the high. Chasing the high can become quite expensive and it won't be long, if you don't already do it, that you are spending much more money on drugs than you can afford. This is how many addicts end up selling drugs in order to make more money to buy drugs. Some addicts even end up selling their stuff to get drugs and some even go far enough to steal from other people. If you are spending more money than you can afford on drugs it is very likely that you have a problem that needs to be addressed immediately.

## **Is Your Health Suffering?**

Any drug use is bad for a person's body but it is much more damaging for an addict as they use much more. Take a look in the mirror; can you see the damage that your addiction is causing you? Are you pale? Do you have dark circles under your eyes? Does your face look thin? Do you look like a stranger? If you answered yes to any of those questions it is definitely time for a change.

# Chapter 2:

## *Learn Self-Discipline to Beat Drugs*

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### Synopsis

Now that you have accepted that you have a problem and are ready to start attacking your addiction it is time to start going over some skills that will keep you strong. The first skill that we will go over, and probably one of the most important, is self-discipline.

Self-discipline can be hard to master, especially when it comes to drug addiction. This can be especially true for those who are suffering from certain types of addictions such as alcoholism, addiction to prescription medication, and addiction to cigarettes. You are much more likely to see a beer or a cigarette in your daily life than you are a person using illegal drugs on the street.

Self-discipline can be thought of as your foundation for a healthier life. Whenever you build a foundation for a structure it needs to be dependable and strong, the same goes with your foundation for a better life.

The following chapter will go over self-discipline and how important it is in your battle with addiction. It will also some important tips that will help you build up your self-discipline in no time at all.

## **Using Self-Discipline to Say No!**

Self-discipline is very important if you want to win your battle against your addiction. It is probably one of the most important skills you will have to learn and the truth is that it will not be possible to stay off the drugs if you do not have self-discipline. Keep in mind, even with self-discipline it will be difficult to win your battle but without it success will be impossible.

You need to build the inner strength that will motivate you along your journey to a drug free and healthier life.

If you are a person who has decided to try to beat their addiction on their own it is especially important that to build your self-discipline level and that you are prepared for the temptations that are sure to come your way. Life is going to test you and you need to make sure that you are prepared for the tests.

You can strengthen your self-discipline every day of your life. It is one of those one step at a time type things. Try changing just one decision you make in your daily life and as the days go on you will notice that it becomes easier and easier.

You need to think over things entirely before you make decisions and you need to make sure that you are making decisions that are beneficial to your recovery and do not put you at risk.

It may be hard at times but that is where self-discipline comes in. Self-discipline gives you the power to just say no, even if you are extremely tempted by drugs and feel like giving in.

You probably already have good self-discipline skills or at least did at one point and just applied it to other areas of your life. A couple examples may be work or school.

Think about all those mornings you wanted to go back to bed but got up and did what you needed to do. That is a perfect example of self-discipline. Now you just need to take that skill and apply it towards your addiction. Remember that it will be hard but it will definitely get easier over time.

Also keep in mind, you may have setbacks but it is important to get back on track. Do not let one slip up destroy your motivation for change. It is possible and you can do it, it just takes self-discipline!

# Chapter 3:

## *Work On Your Self-Esteem to Stay Away From Drugs*

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### Synopsis

If you want to be able to win in your battle against addiction it is important that you work on your level of self-esteem. A lot of people addicted to drugs have low levels of self-esteem and in most cases that is what got them addicted to drugs in the first place.

The following chapter will go over the important of having high self-esteem. It will also go over some ways that you can build your self-esteem. It is important that you keep in mind that high self-esteem is not a miracle cure for addiction but it surely does make the process of battling an addiction much easier.

Continue reading if you are serious about beating your addiction and if you want to learn some easy ways to build your self-esteem.

## **The Importance of Self-Esteem**

As mentioned before self-esteem is a very valuable weapon that can be used in your battle with addiction. It is extremely important that you have high levels of self-esteem. Feeling good about yourself is a sure way to keep you motivated to not use drugs. A lot of addicts have poor self-esteem and that is in fact why some of them became addicts in the first place. A person with low self-esteem is more likely to use drugs than someone who thinks highly of themselves.

The following are seven tips that can help you to build your self-esteem and make you feel better about yourself:

### **Start Small:**

One good way to build your self-esteem is to give yourself challenges or tasks to complete. It is advised that you start small when doing this in order to ensure that you do not set yourself up for failure. Smaller challenges will be easier to accomplish and each time you accomplish something you will be building your self-esteem, no matter how small the accomplishment is. Of course, the bigger the accomplishment, the more self-esteem you will build. That is why once you are able tackle all of your simple challenges on a daily basis it is time to start making more complicated goals.

### **Visualize Having High Self-Esteem:**

Visualization is a very powerful tool and can be very useful for building self-esteem. You surely understand that think and believe will eventually become true, whether it is positive or negative. That is why it is important to always think positively and visualize yourself as a person with high self-esteem. Try to spend at least ten minutes a few times a day visualizing yourself with high self-esteem and what your life would be like. Think about how other people would perceive you and the impression you would leave with them. Think about how much better you would be able to socialize and interact with other people and how much easier and enjoyable life would be and most important of all think about how much easier it will be to stay away from drugs.

### **Face Your Fears:**

Facing your fears is a great way to build your level of self-esteem. As with goals it is important that you start small with this process. You do not want to start with facing fear that are too large because this can actually be damaging to your emotional and mental health which would not be productive at all. Start with smaller fears and work your way up to larger ones. Who knows, you may end up trying sky diving or some other exhilarating activity one day. If you can face your fears there is no reason why you will not be able to beat your addiction. Although it may seem crazy to do something like this to beat an addiction, it is effective.

### **Do Things You Are Good At:**

Although it is important to challenge yourself with new things it is also important to do things that you are good at when you are trying to build your level of self-esteem and confidence. The more you do things you are good at the more you will feel better about yourself. It will make you realize that you have talents and skills that are useful in life and that you can do more than just use drugs. You are a good person and you have a lot of potential you just need to discover it and unlock it from the cage that addiction trapped it in.

### **Do Not Compare Yourself to Others:**

It can be easy to make a habit out of comparing yourself to other. Do not do this! Every person is different from one another and that is the way things are supposed to be. Can you imagine how boring the world would be if every person was the same as everyone else. You also must ignore the comments or judgments that others make about you. Most of the people making negative comments feel poorly about their self and that is why they are trying to put you down. Understand that you are unique and that you are a good person and your level of self-esteem will rise in no time.

### **Use Affirmations:**

Affirmations are positive statements that a person makes about themselves on a regular basis throughout the day. In most cases, these affirmations are

spoken out loud because they are more effective that way. Tell yourself that you are a good person and you do bring value to society. Do not tell yourself that you are addicted to drugs, tell yourself that you are going to beat your addiction. Affirmations only take a couple of minutes to do and can be extremely beneficial if done in the proper way. The best part about them is that you do not have to do anything but talk to yourself. You may want to try looking yourself in the eye in a mirror while doing your affirmations because this makes the process a bit more effective.

### **Help Others With Their Self-Esteem:**

Once you reach a point where your efforts have started to pay off and you notice that your self-esteem levels have increased it is time to start helping others with their self-esteem issues. This will be extremely gratifying and you will build your self-esteem while helping someone else in need. It is important that you do not turn your back on those in need, after all everyone needs help at one point or another in their life. I'm sure that there have been times that you needed help and no one would reach out a hand. Do not put others through the same thing. Help them better their life and in turn you will learn to love yourself which will lead to you winning your battle with addiction and having a better future.

# Chapter 4:

## *Fill Your Time with a Hobby to Replace Drugs*

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### Synopsis

It is advised that you find hobbies or new interests to fill the extra time that you have if you want to stay strong and win your battle with addiction. Idle time can be very dangerous for those who are trying to kick an addiction. There are numerous things you can do to fill your time in a positive way. It is important to remember that it does not matter if other people find your hobby interesting or consider it to be a hobby at all. A hobby is nothing more than an interest you have that fills your time so you make anything a hobby.

The following chapter will go over the importance of finding new hobbies while battling an addiction and give you some ideas of new hobbies you may want to try out.

## **Use Hobbies to Beat Your Addiction**

As stated before, hobbies can be very useful when you are trying to kick an addiction to the curb. It is important that you try to fill as much idle time as you can. The reason for this is the fact that if you sit around bored you will likely be tempted to revert back to your old ways and start to use drugs again. On the other hand, if you are constantly busy you will not have the time it takes to go through all of the efforts of finding the drugs and using them. On top of staying drug free you will notice that you are being very productive and get a lot done.

Keep in mind that anything can be considered a hobby. All you have to do is find something that interests you and that you do not mind spend time doing. The following are some examples of hobbies that might interest you and that you might want to try.

### **Build Models:**

Building models can be quite challenging and can take quite a bit of time to do, depending on the level of difficulty of the model that you complete.

There are many different types of models and different ranges of difficulties. You can build nearly anything from a car to a plane to a rocket. The possibilities are nearly endless. Models come with paint and accent stickers to make whatever you build look really cool. Models will also have moving parts that make them functional. For example, model cars have rolling tires and some are even built with electronics that make them able to be operated with a remote control. Another example would be building

model rockets. These rockets are built with functional engines that you install and actually shoot up into the air and come back down via parachute.

### **Try Woodworking:**

If you like to work with your hands and get things done yourself, woodworking is probably an ideal hobby for you. You may want to try taking some woodworking classes and build your skill level. Making a hobby out of woodworking can be beneficial for many different reasons. The most important reason is the fact that it fills idle time which is very important when you are trying to battle an addiction. Another reason is the fact that you will be able to display your creations in your home and you will receive compliments about them. This adds a bonus of building self-esteem on top of filling your time. You will feel good about yourself when someone asks you where you got something and you explain to them that you built it with your own two hands.

### **Scrap Booking:**

If you are looking for a more laid back hobby you may want to consider scrap booking. Scrap booking will not only fill your idle time it will also help you to keep track of important memories over time. Sometimes we can lose track of what is really important in life and the times that make us truly happy. Scrap books are full of wonderful memories and can really make a person feel good. An added benefit of scrap booking while trying to beat an

addiction is the fact that it can make you feel better on a bad day. Also, later in life you will be able to look back at your scrap book and remember all the hard times it helped you through, especially beating your addiction.

### **Volunteer:**

Some people make a hobby out of volunteering. Sometimes nothing is more rewarding than helping another person who is in need. The benefits of making a hobby out of volunteering are ample. One example is the fact that you will always have opportunities to fill your time because there is always somewhere who needs volunteer work done. Another benefit is the fact that you will come across people who are in a much worse situation than yours. For example, if you volunteer at a hospital or soup kitchen you will surely feel thankful for your health and the food you eat every day. Sometimes we need a wakeup call to help us remember what we have in life and volunteering is a great way to be reminded. Volunteering will surely make you feel great about yourself and will make beating your addiction much easier.

# Chapter 5:

## *Realize When You Can't Beat Drugs on Your Own*

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### **Synopsis**

Addiction causes a great deal of difficulty, damage, and pain in person's life. Depending on how far you are into your addiction you might have to seek outside help. It is admirable and highly respectable that some people choose to try to do it on their own no matter how bad their addiction is and no matter how many times they fail. The truth is however, most of these people are not successful in their efforts to stop using drugs and beat their addiction.

You may be a person who is choosing to try and beat their addiction on their own. If so, you need to keep in mind that it is possible but it is going to be very difficult. At the same time, you need to know when to ask for help. Remember, asking for help does not make you weak, it makes you human.

The following chapter will go over the importance of knowing when to seek outside help and some signs you need to watch out for that will let you know it is time to get help.

## **Know When to Get Help**

As mentioned before, it is very important that you know when it is time to ask for help. The truth is, not all things in this world can be done by yourself. There is going to come times where you have to ask another person for help. Remember, this does not make you weak. Some people let their pride get in the way of them asking for help and if you notice it makes their life much more difficult. In many people's opinions it actually takes more strength and courage for a person to admit that they are struggling with something and ask for help than for them to try and do it on their own.

There may come a point in your journey where you will need help to remain sober and there are some signs that you need to watch out for. The following are some examples of signs to watch out for that mean you need professional help.

### **Detox:**

Many people may not know this but some drugs can in fact cause lethal consequences during a person detoxing from them. This is caused by the body becoming accustomed to having a certain chemical in the body and then suddenly depriving the body of the chemical. This is where the sweats and the shakes and the tremors come from. An example of a drug that can cause such detox effects is alcohol. There have actually been cases where people have died as a result of detoxing from alcohol use. If you have been using a certain drug for a long period of time and have developed a physical addiction it is advised that you go to a detox center. The detox will have doctors and nurses on hand to keep a watchful eye on you. They can also give you certain medications that can make the process a bit more

comfortable. An example of this would be if you went in for a heroin detox. The doctor on site could prescribe you methadone to help with the side effects of your withdrawals.

### **Depression/Suicidal Thoughts:**

Some people may become depressed when they stop using drugs. This is often times caused by the chemical imbalance that they caused with their drug use. In some cases, this depression can turn into suicidal thoughts. If this happens it is important that you seek immediate professional help. Suicide is no laughing matter and is something that cannot be taken back. It is important that you do not take it lightly if you are experiencing these thoughts and you see a therapist right away!

# Chapter 6:

## *The Importance of Drug Education and Prevention*

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### Synopsis

Perhaps the most important step in beating an addiction is not to become addicted to a drug in the first place. This can be made much easier if a person is properly educated on the effects of drugs and the damage it will cause to their life.

You may be asking yourself, what good does that do me if I am already an addict? The answer is simply the fact that you may be able to help another loved one avoid addiction such as your children or one of your friends. As well, getting properly educated on drugs will give you one more reason not to go back to them.

The following chapter will go over the importance of educating people about drugs and talking to them about drug prevention.

## **Know What You Are Talking About**

A great deal of drug prevention comes down to people being properly educated on the damages that drugs can and will cause to a person's body and life in time. Many of these damages will be masked by the peer pressure that comes from their friends and the negative influences of music and the media. It is important that you are properly educated on the dangers of drug abuse whether you are trying to beat an addiction or are attempting to help someone else avoid one. There are many different ways that you can get information on the effects of drug addiction. All you really need to do is look it up on the internet but you need to make sure that you are getting your information from a reliable source.

Another option would be of course to speak with a drug counselor. These specialists know everything there is to know about drug use and can be a great source of plenty of reliable information. However, these therapists time can be quite expensive and not all insurances may cover the cost of a visit so this may not be an option for everyone.

You can always go to the public library and check out books on drug addiction as well. This is more affordable than seeing a counselor and the information you gather will be just as reliable as the information the counselor has to offer.

Remember, the first step in beating an addiction is not getting addicted in the first place. Make sure you are properly educated about the negative effects of drug abuse.

# Wrapping Up

It may seem like it is impossible to beat your addiction but anything is possible if you approach it with the right set of tools and enough determination. One of the most important things you need to remember is that if you make a mistake and slip it does not mean that you have failed, it simply means you have hit a speed bump.

If you apply the tips that you have learned from this book your road to recovery and your battle against your addiction should be much easier. Remember, you can do anything that you set your mind to!

I hope that you have learned some valuable information to help you kick your addiction to the curb. Thank you for your time and good luck, I believe in you!