

BAU PSYCHOLOGICAL COUNSELING CENTER (PDRM)

ADDICTED



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Don't Be Addicted, Be Free!

Dependence is a chronic dysfunction that affects the reward, motivation and memory systems of the human brain. Addiction may emerge as a result of developing problematic use of any behavior or substance.

Problematic usage is a dangerous precursor to addiction.

As a result of problematic usage, your body craves a substance/behavior in a compulsive or obsessive way.

The problematic use object has now turned into a "reward" object, ignoring its negative consequences.

Problematic usage; It is the use of any drug or substance in a way that is not suitable for social or medical use, usually with the consent of the individual.

Although problematic substance use is the first thing that comes to mind when we talk about problematic usage, it is also possible to talk about behavioral types. In this sense, problematic usage can be divided into 2 main headings;

1) Substances Caused Problematic Usage

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| <ul style="list-style-type: none">• Alcohol• Caffeine• Volatile Substances | <ul style="list-style-type: none">• Opiates• Ecstasy• Cocaine | <ul style="list-style-type: none">• Amphetamine• LSD• Magic Mushrooms | <ul style="list-style-type: none">• Others• Cigarette |
|--|---|---|--|

2) Behavioral Addictions

- | | | |
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| <ul style="list-style-type: none">• Gambling• Computer and Internet Addiction | <ul style="list-style-type: none">• Sport and Exercise Addiction• Sex Addiction | <ul style="list-style-type: none">• Relationship Addiction• Shopping Addiction• Eating Addiction |
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WHAT CAN BE THE REASONS FOR PROBLEMATIC USAGE?

1. Curiosity. (There's nothing wrong with trying once, I wonder what it's like...)
2. The effort to adapt to the group of friends. (If I don't use it now, everyone will think I'm boring and awkward. All of my friends use it. If it's a bad thing, they wouldn't use it either.)
3. Feeling lonely. (The substance is my best friend, I don't feel lonely when I take it, there's nothing to relax my mind without this cigarette.)
4. Not being able to cope with emotional problems and not knowing where to get help. (Substance helps me relieve my pain, I don't think when I take it...)
5. Misinformation. (This substance is not addictive, everyone uses it... Developing problematic usage behavior is a matter of will, nothing will happen to me... This substance is very expensive anyway, I do not have the financial means to use it all the time, so I won't become addicted.)
6. Genetic predisposition.
7. Presence of a history of substance abuse in the family and in the social environment. (There are also some of my elders who use this substance, I have grown up and now I can use it. There is not even a non-smoker in our family, I should smoke too.)

HOW DOES PROBLEMATIC USAGE EFFECT ON YOUR LIFE?

Your School Life Begins to Change:

When you develop a problematic usage towards a substance or behavior, your interest in school gradually or suddenly decreases. You do not attend classes. You may feel indifferent to your teachers and friends and become intolerant. (While you are in class, in an exam or under academic stress, your mind may be on the substance or behavior that you constantly use problematically, which will affect your motivation. At the same time, problematic usage negatively affects IQ level and reduces academic success.

Your Body Begins to Give Alarms:

Rapid weight changes, disruptions in your sleep patterns, redness and dryness in the eyes, headache, dilated pupils, hallucinations, rapid heartbeat, sweating, body odor, bruises around the lips and eyes, weakness when the effect of the problematic substance decreases, nausea, muscle joint pain, breathing imbalance, memory problems and changes in your reflexes.

You Experience Emotional Changes:

Although the substance or behavior that triggers problematic usage provides relief in the short term, it negatively affects your life in the long term as rapid mood changes, loneliness, apathy, loss of reality (psychosis), depressive feelings and anxiety disorders. The short-term enjoyment felt while performing problematic use will be replaced by unrealistic fears, withdrawal and pain symptoms after use and in case of withdrawal.

Changes Occur in Social Environment:

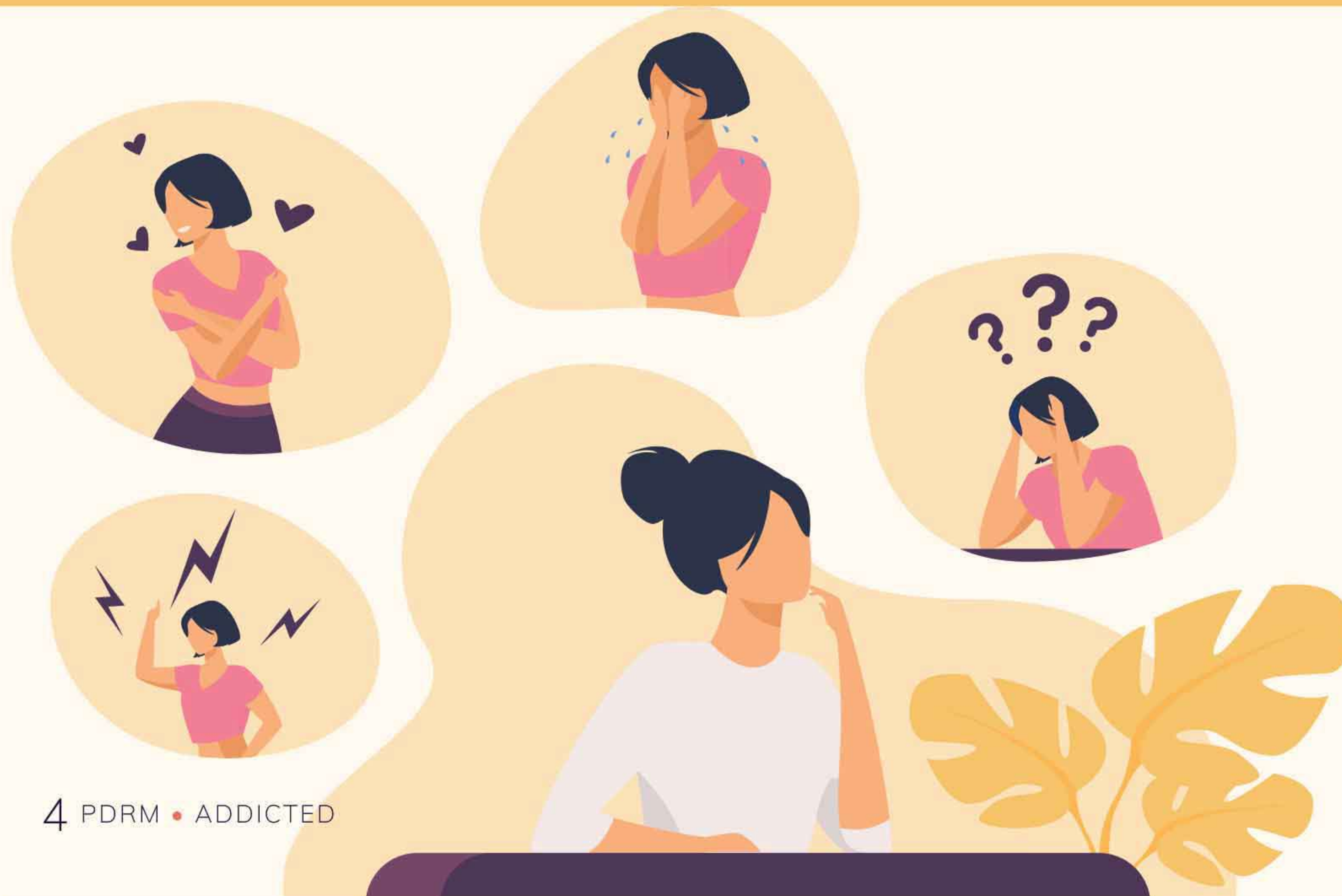
It occurs as risky behaviors such as introversion, intolerance, incompatibility, changes in behavior towards family members and friends, changing friend groups, and driving while under the influence of drugs. In addition, the interaction you have with the person(s) you are comfortable with and the people from whom you provide the substance that causes the problematic usage behavior will increase.

HOW DO I KNOW I HAVE DEVELOPED PROBLEMATIC USAGE?

- 1) If you crave a substance or behavior intensely and cannot control this feeling,
- 2) If you continue to use the substance or have problematic use behavior even though you feel that you are adversely affected physically, mentally, socially and academically,
- 3) If using the substance or performing problematic use behavior prevents you from doing your daily routine, you spend most of your time on it, you avoid meeting with your family or friends,
- 4) If you are taking more substance or doing that behavior more frequent than usual,
- 5) If you experience insomnia, sweating, restlessness, irritability and tremor when you cannot take the substance,
- 6) If you decide to quit by noticing the negative effects but fail every time, if you want to use it one more time,
- 7) If you feel that the substance/behavior is in control of your life, in short, if you are faced with these situations in the ordinary course of your life, you are likely to have problematic usage.

DON'T FORGET

PROBLEMATIC USAGE IS VICIOUS CIRCLE



ADDICTION CYCLE I May Use | Fear and Curiosity

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• I won't be Addicted• I can Quit if i want• This Thing will not be Quitted | <ul style="list-style-type: none">• I will Quit• I Quit and Never Start Again | <ul style="list-style-type: none">• Nothing will Happen Once• Never Again |
|---|--|--|

The vicious circle of problematic usage often begins with curiosity and misinformation. Myths (false information) often play a big role in this cycle. The feeling of curiosity that starts by saying "nothing will happen once" or the thought that "I am not prone to problematic usage by using it once" can push you to substance use. This is a faulty belief because even a single use of certain substances can result in substance use disorder. In addition, once you use the substance, you will experience the pleasure of that substance and learn the channels that will provide the substance. This increases your risk of developing problematic substance usage behavior.

Remember, the vicious circle in problematic usage starts with curiosity. After this curiosity, factors such as disruption of daily work and distance from the family during the substance or behavior that you started only for trial purposes are now more than trying. Thus, social use is also involved in the process; in social use, the person starts to increase the use as a result of increase in the self-confidence and the pleasure.

It is one of the most common mistakes to feel like you have control over the substance by saying, "This is a matter of will..." Problematic usage is a risky game, it may depend on the personality or it may occur completely independent of the personality. Saying "I can easily stop problematic usage whenever I want, I can afford it." is an irreversible ticket in the journey of problematic usage. Being able to stop problematic use at first is proof of this idea for you. The misconception "After all, I can stop it, I can control the behavior," will pave the way for the behavior to develop further. Thus, viewing it as a matter of will increases the risk of engaging in problematic usage behavior. Remember, most addicted person started using the substance with the belief that they could control it and did not get rid of problematic use easily.

MYTHS ABOUT PROBLEMATIC USAGE

There are some stereotypical information that will lead you to problematic usage and encourage you to use these substances when you hear them;

- those who use the substance never get cold because this substance warms the person.
- those who use the substance do not experience sexual health problems. This substance not only increases sexual power, but also protects sexual health.
- those who use the substance do not get some diseases, even doctors use and recommend this substance.
- those who use the substance gain weight in a healthy way. If you want to gain weight, use this substance.
- those who use the substance are very "cool" people and their environment is very fun.

- those who use the substance are very courageous and creative people, the components of this substance add courage and creativity to people.
- those who use the substance are very calm people because the components contained in this substance provide comfort to people.

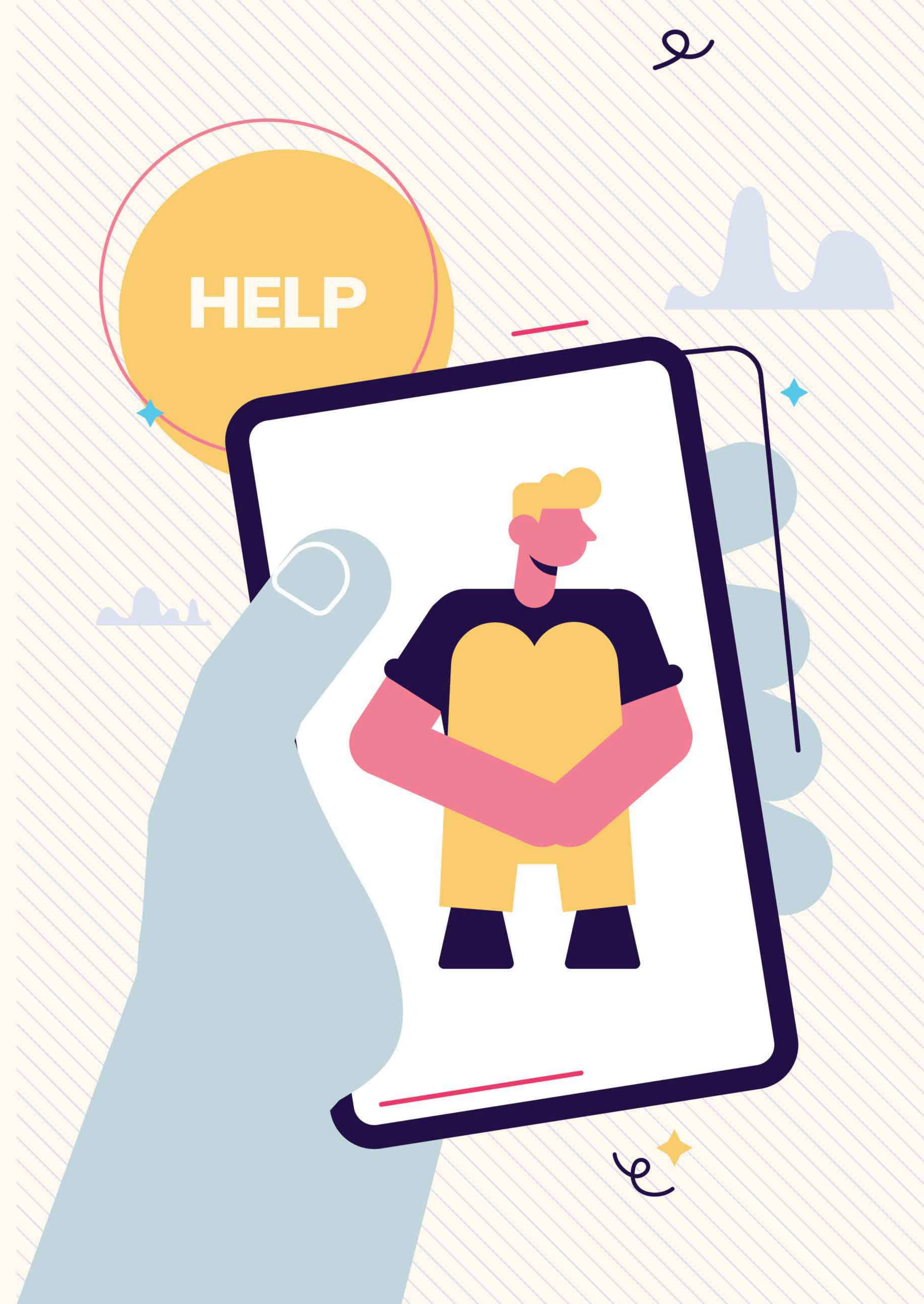
All of this information is false and distorted! No behavior or substance that will cause you to develop problematic usage behavior has any positive psychological, social, or physical consequences.

HOW CAN I PROTECT MYSELF FROM PROBLEMATIC USAGE?

- The best way to avoid problematic usage is to say “no”. Can you say “no” to the requests/suggestions of the people around you? By knowing yourself well, you can be aware of the things that you know will not be good for you. This awareness will make it easier for you to say “no” and will help you stay away from the substance/behavior that will cause problematic usage. Giving you substances that will cause problematic usage or inviting you to environments that will lead you to problematic usage does not show that they value you. Even if refusing these offers will change their attitude towards you, remember that being dragged into problematic usage and trying to get rid of this behavior is much harder than saying no. The strongest distance you can put between you and problematic usage is not to try even once.
- Develop sensitivity to environmental situations and people that predispose you to problematic usage. Take care to stay away from such environment and people. Breaking your ties with such people will prevent your problematic usage behavior from growing further or developing different problematic usage habits.
- Complete a weekly diary if you suspect you are engaging in problematic usage behavior. Keep track of problematic usage behavior by noting how often you do.
- You may be going through an emotionally difficult time in your life. Feeling helpless in these situations will predispose you to problematic usage behavior. The help you get will be a better friend than the substance you are using. The professional help for problematic usage will not show that you are a weak person, but will make you a free and stronger person for the future. **In order to solve your problems more effectively, you can talk to someone you trust, professionals in the Psychological Counseling and Guidance Unit of our university, or apply to the 115 Green Crescent Counseling and Support Line.**

REMEMBER

YOU ARE NOT ALONE.



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