Myths About Drug Abuse And Addiction

Separating the MYTHS from TRUTH

MYTH: Addicts Can Only Be Helped When They Want And Seek Help Themselves

FACT: While it makes sense to believe that people should want help in order to remain successful, being an addict means that your normal thought processes and brain functions aren’t the same as that of a sober individual. After being pushed toward treatment, the fog begins to clear and studies show that addicts often see that the push they received was a push in the right direction.

MYTH: Addiction Is Completely Voluntary

FACT: The behaviors that trigger addiction and lead to the spiral of continued bad behaviors are voluntary; addiction, itself, is not voluntary and can quickly emerge even after just a few uses of addictive substances.

MYTH: Users Can’t Be Addicted To Marijuana

FACT: Marijuana is an addictive drug. Aside from the potential for an oral fixation, marijuana—in substance—is one that many become addicted to. While the odds of becoming addicted to marijuana fluctuate from user to user, it is known that 1 in 11 users become addicts.

MYTH: If A Doctor Prescribed It, It Can’t Be Addictive

FACT: Especially in recent years, and with full knowledge of the risks and effects, doctors have prescribed and overprescribed dangerous medications. These are legal drugs that can contribute to addiction, be the jump-off point for addiction, and can lead to overdose and death. Drugs like morphine are in many cases overprescribed, leading to an opioid addiction and use for maintenance and avoidance of withdrawal.

MYTH: If It’s Natural, It Is Safe

FACT: Everything came from something. Even synthetically reproduced drugs that are now created in labs are the chemical copies of drugs that occur or occurred in nature. Just as heroin derives from the opium poppy plant, marijuana or psilocybin mushrooms growing out of the ground doesn’t imply that either is safe to use.

MYTH: If It’s Natural, It Is Safe

FACT: If you are still trying to sort out the facts, seek professional care today for help.