Talking About Addiction: A Step-by-Step Guide

Learn how to navigate the difficult conversation about addiction with your loved ones.

ADDICTION ISN'T JUST X
CHOICE, IT'S A COMPLEX
CONDITION THAT
AFFECTS THE BRAIN!

IT'S LIKE THE BRAINS
REWARD SYSTEM GETS
HIJACKED, MAKING IT
HARD TO STOP EVEN
WHEN YOU WANT TO
WHEN YOU WANT TO

Narration Box: Make sure you have a basic understanding of addiction before discussing it.

KEY STRATEGY: EDUCATE YOURSELF FIRST TO PROVIDE ACCURATE INFORMATION.

Narration Box: Avoid medical jargon use simple analogies that are easy to understand.

Underrated

KEY STRATEGY: COMMUNICATE IN A WAY THAT'S EASY TO GRASP.



Narration Box: Begin by choosing a calm, private setting where you can speak openly.

KEY STRATEGY: SET THE STAGE FOR A

PRODUCTIVE CONVERSATION.



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BUT ISN'T

ADDICTION IS A DISEASE
THAT REQUIRES
THAT REQUIRES
TREATMENT, LIKE DIABETES
OR HEART DISEASE."

CHOICES?"



Narration Box: Gently correct misconceptions and provide factual information.

KEY STRATEGY: DISPELLING MYTHS HELPS
BUILD UNDERSTANDING.

I'M HERE FOR YOU AND WE CAN KEEP TALKING WHENEVER YOU NEED."

'IM GLAD WE TALKED. THIS GROUP HAS BEEN REALLY HELPFUL.





Narration Box: Provide them with resources for further learning or support.

KEY STRATEGY: HAVE SUPPORT AND RESOURCES READY TO GO

Narration Box: Let them know that this is just the beginning of an ongoing conversation.

KEY STRATEGY: ENCOURAGE CONTINUOUS DIALOGUE AND SUPPORT.

Talking about addiction is tough, but with empathy, clear information, and ongoing support, you can make

a difference.



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