

## Family Education Outline

Week 1 of 6

“The Disease of Addiction”

1. In 1957, the American Medical Association first described Alcoholism as a **disease**.
2. Definitions:
  - a. Chemical Dependency- **condition that leads to an addiction.**
  - b. Addiction-**characterized by a lack of choice, dictates frequency, quantity and nature of use.**
3. Chemical Dependency is a **bio-psycho-social** disease.
4. Chemical Dependency is **NOT**:
  - a. A **moral weakness**
  - b. A **mental illness**
5. **Heredity** plays a role in addiction, meaning that a person is genetically predisposed to a higher likelihood of becoming an addict.
6. Chemical Dependency is not a curable disease, but it is a **treatable** disease.
7. **The Cycle of Addiction**
  - a. Short Term Gratification-
  - b. Long Term Pain-
  - c. Addictive Thinking-
  - d. Increased Tolerance-
  - e. Bio-Psycho-Social Damage-
  - f. Loss of Control-
8. Chemical Dependency is a **primary** disease. It is not a result of another illness of disease.

9. The body is a network of systems working together to maintain **homeostasis**, which is a balance within ones body.
10. A **chronic disease** is a disease that comes on gradually over time.
- a. The key to overcoming a Chronic Disease is abstinence & lifestyle change.
11. Addiction is also a **progressive disease** that will always get worse unless treated.
12. Stages of Addiction Progression
- a. Early Stage
  
  
  
  
  
  
  
  
  
  
  - b. Middle Stage
  
  
  
  
  
  
  
  
  
  
  - c. Late Stage

**Word Bank**

Bio-Psycho-Social Disease	Mental illness
Chronic Disease	Moral weakness
Disease	Primary
Heredity	Progressive Disease
Homeostasis	Treatable