

Drug Abuse  
By Ashley Diaz

Many people have never experienced drugs of any sort. For these people it can be very hard to understand the logic of drug addiction. Drugs affect many people, but the problem is that drugs don't help them it makes things worse . Sure it helps them to forget about reality. But is it worth to facing the consequences later on in life?

Drug abuse- is the habitual of taking of addictive or illegal drugs. Why do some people take drugs? Many people have never experienced addiction of any sort. Now it is more common for people to dig deeper and look for the reasons: why people do drugs and alcohol? Some people take drugs because of suffering from mental illness, or because role models or family members do and they think it will help.

People suffering from anxiety, bipolar disorder, depression or mental illness use drugs to ease their pain. People who use alcohol or drugs can temporarily make themselves feel “normal ” again, like they remember feeling in the past. Mental illness is scary for the individual experiencing it so they are afraid to get help. Instead, they turn to drugs to try and solve the problem on their own.

People see family members, friends, role models or entertainers using drugs and rationalize that they can too. As teenagers and young adults, it's very easy to think that drugs and alcohol use can be handled. Individuals with family history of alcohol abuse are far more likely to develop an addiction than an individual with no family background of addiction.

People think drugs help them fit in. When hanging out with friends it's easy for people to want to fit in and seem like one of the crew. If others are drinking or doing it is very likely for someone to fall into that trap. I remember someone always told me “it's always easier to bring someone down then to bring someone

up.” Peer pressure can be a tremendous force causing someone to try something they usually won't try on their own.

People think drugs will help relieve stress our modern world is full of new stresses that humans have never experienced in the past. All the many things in life are easier than doing drugs.

“Every addiction, no matter what it is, is the result of trying to escape from something by going in the direction of a need that is currently not being met. In order to have move past our addiction, we have to figure out what we are trying to use our addiction to get away from and what need we are trying to use our addiction to meet.” -- Teal Swan