

**change your  
narrative**

**ADDICTION CAN BE  
HARD TO UNDERSTAND.  
WHAT SHOULD I KNOW ABOUT IT?**

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[www.ChangeYourNarrative.org](http://www.ChangeYourNarrative.org)

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**α**  
PRESS

SHIFTING INCOMPLETE STORIES  
OF ADDICTION TOWARDS

TRUTH



# How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

## **I Am Glad You Are Here...**

The goal of this book is to create an environment of support along with hosting resource and tools which guide individuals who struggle with addiction towards wholeness.

You might have picked up this booklet for numerous reasons.

You might have a friend or loved one who struggles, and you are seeking to learn more about what they are going through and how you can support them.

You also could be struggling with addiction yourself and may wonder what to do.

No matter the reason you are here, you are welcome. We are glad you are reading this and hope to share insight which offers you guidance.

As you go through the next few pages, know I believe in your future and hope you find all of the tools you might be looking for to help you or someone you know to take action and fight back against addiction which seeks to call the shots in life.

Because each of our stories—are far from over.

## Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take healthy action steps.

Healing is not a one time event. It is a process. Throughout that process, there are numerous obstacles. This must be acknowledged. Yet, even with the challenge, I believe you or someone you care for has what it takes to make it through.

We are rooting for each of you out there, not only once someone completes a journey, but every step inside it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book for places to turn.

### For Immediate Help:

Covenant House- 1800-999-9999

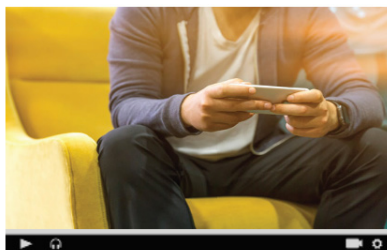
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>





SHIFTING THE NARRATIVE  
*of lost hope*

# What Is Addiction?

When we say the word “addiction” it can mean many things to different people. On one side, we may make a passing comment about being a coffee addict. Yet, for others—the word “addiction” could bring up life-altering impact for either themselves or someone they care for.

While the brain’s dopamine reward cycle is in effect no matter the substance or behavior—certain addictions have various degrees of consequences to the user or their loved ones, based off of what type it is.

I welcome you to view this 2 minute animation which describes the dopamine reward cycle of the brain which leads to addiction. [The Science Of Addiction](#) By “Life Noggin”

Or, for a more scholarly approach, visit Harvard Health’s article on [“How Addiction Hijacks The Brain.”](#)

It is important for us to recognize the root meaning of the word “addiction” is to mean “enslaved to.” No matter the substance or behavior—addiction removes power from an individual and shifts it towards that substance or behavior. In essence, someone loses not only a sense of their own control—but also their own identity.

But I dare to believe that our identity is more than any addiction or behavior. As we seek to make the shift away from the incomplete story of addiction and into truth—we have an ability to reclaim our narrative.

The Camino Recovery center<sup>1</sup> names the top 10 addictions of modern society as:

- Coffee
- Tobacco & Nicotine
- Alcohol
- Sex Addiction
- Illegal Or Prescription Drugs
- Gambling
- The Internet & Modern Technology
- Video Games
- Food
- Work<sup>1</sup>

Since it is an extensive list, for the purposes of our materials, our team will focus on two areas of addiction:

- Substance use
- Pornography or sex addiction

This does not mean other forms of addiction are not important; only we have chosen to focus on these areas first and hope to build more content in the future.

If you, or someone you care for, are fighting to change your narrative away from addiction and into wholeness—we welcome you to journey with us.

### **What Is Addiction? - Video Discussion**



[https://youtu.be/A\\_drKQMD9gM](https://youtu.be/A_drKQMD9gM)

# How Many Individuals Struggle?

## Substance Abuse

- According to the National Survey on Drug Use and Health (NSDUH), 19.7 million American adults (aged 12 and older) battled a substance use disorder in 2017.<sup>1</sup>
- In 2017, 8.5 million American adults suffered from both a mental health disorder and a substance use disorder, or co-occurring disorders.<sup>1</sup>
- In 2017, approximately 4% of the American adolescent population age 12 to 17 suffered from a substance use disorder; this equals 992,000 teens or 1 in 25 people in this age group.<sup>1</sup>
- About 5.1 million young adults age 18 to 25 battled a substance use disorder in 2017, which equates to 14.8% of this population and about 1 in 7 people.<sup>2</sup>

## Pornography Addiction

- 40 million Americans are regular visitors to porn sites.<sup>3</sup>
- 1 in 3 porn viewers are women.<sup>3</sup>
- 25% of all search engine requests are pornographic.<sup>3</sup>
- The average age of first exposure to Internet porn is 11.<sup>4</sup>

# A Word About Changing The Narrative Of Addiction

Before we dive deep into the concept of shifting a story affected by addiction, I want to recognize the fact addiction is a deeply embedded habit and the process of recovery is rarely quick.

In matters related to addiction, the neural make up of a brain has been changed by repeated behaviors or substances. This takes time to modify. Often, recovery has greatest success when paired with professional care. Sharing all of this, however, does not mean there is not hope. I simply want to set healthy expectations in the beginning. With that, I want to share one more thing.

Just because the process may be long, does not mean you are not succeeding. Though we say, “change your narrative” the truth is, it is worth celebrating every moment of changing. This may mean thousands of micro-wins throughout the journey. And my team and I celebrate you in each and every one of those moments. Remember, your identity is not your addiction. Your value is not tied to action. You are worth so much more.

## A Word About Addiction - Video Discussion



<https://youtu.be/avfo0miGvrk>

# Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and dark thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

## Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

YOU'RE BRAVER  
THAN YOU BELIEVE,  
AND STRONGER  
THAN YOU SEEM,

**AND**  
SMARTER THAN  
YOU THINK.  
A.A. MILNE

# Is It Okay To Ask About Addiction?

The fact you are asking, it a good thing. Number one, it shows how much you care for someone. And second, it shows a sense of care in how you approach them.

Depending on your relationship with the person, it is absolutely okay for you to ask. In some cases, it might even be your responsibility. Check your local and state laws under “mandated reporting,” as in many instances if you believe someone is in threat of danger or harm, it is time to act.

And yet, action is often only possible after having a conversation to know what factors could be creating unhealthy choices of the individual you care for.

Check out our video below in which we will discuss:

- When is it time to ask?
- How should I approach someone?
- What should I say and not say?

## Is It Okay To Ask About It? - Video Discussion



<https://youtu.be/Ddl9UibfkS8>



# What To Do If Someone Shares About Addiction

Learning that someone you care for wrestles because of addiction can be incredibly painful. No one wants a friend or loved one to be stuck in unhealthy actions of feel intense internal or external pain.

The reasons, cause and effect behaviors, and thoughts and emotions which come because of abuse range from short-term triggers to extreme distress. As you lean in and learn more, you can enter into conversations with a healthy perspective. In order to do so, we suggest to:

- Point To Help
- Educate Yourself
- Avoid Judgment
- Be Sure To Process

*For a more in-depth discussion about these points, check out the video below.*

## What To Do When Someone Shares? - Discussion



[https://youtu.be/hvHK9ie\\_v0U](https://youtu.be/hvHK9ie_v0U)

# Is It Betrayal If I Intervene Or Get Insight About Someone's Addiction?

If you believe someone you care for is addicted, it can be easy to become frozen, unsure what to do or how to help. It may even feel as if intervening would make things worse—and possibly be seen as an act of betrayal.

I know—because I have been there myself. But, there have been a few key factors which have helped me work through the options and knowing what is right.

**My Personal #1** – If it feels like time to act—it probably is. In truth, it is usually fear of repercussions which holds me back more than reasoning which says it is time. Over the years, I have learned to trust my gut.

**The Real #1** – If you are a mandated reporter, and you learn someone within your influence is in an threat of harm or danger—either at their own hand or someone else's—it is time to act.

Legal requirements vary from state to state. I would encourage you to check with your local laws and follow the stated course of action. That being said—make sure you also are following your organization's policy and procedures to make sure the right people have been informed and the person you care for is receiving the best form of support and guidance from your whole team.

# But, What If I Am Concerned About A Family Or Friend?

The truth is, there are not policy and procedure guidelines for relationships. And intervening can have ramifications for that person—and your relationship. This is valid. It is something which must be discussed.

I do not know all of the ins and outs of your specific situation. But, you can talk with someone who can give direct guidance for what you are facing, provide you with educational tips which match your situation, and help you feel confident in taking your next step.

This is why I highly recommend you calling a hotline. They can help you gauge the situation and know what your options are to get someone help. As always, if you believe someone is in immediate threat of harm that you should not call 911 immediately.

Yet, the question remains, “What about backlash?” Let’s discuss the matter in the video below:

## Is It Betrayal If I Intervene? - Video Discussion



<https://youtu.be/VGF7Zf0RyOI>

**CREATE A**  

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**TRAINING PLACE**  

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**AND STRATEGY SPACE**

## What Kind Of Help Exists?

Due to the intensive nature of addiction and the fact it speaks to deep internal struggles, finding help for addiction usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

If you are the individual they turn to, be sure to encourage them. Reiterate that anything which is locked inside of their thoughts and feelings deserves a place to be processed in a safe environment which can give them actionable guidance and tools.

Additionally, there are a host of tools which can help you both find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

### What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



## **Apps Which Offer Support**

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**Sober Grid** offers user engagement with a recovery community, daily tasks to engage the mind, a way to track triggers and an online journal

**Nomo – Sobriety Clocks** tracks personal victories of sobriety and allows you to share that moment of victory with an accountability partner or group, thus creating a sense of community.

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**WEconnect** offers sobriety and recovery reminders such as calling a sponsor, attending a group meeting, or self care. Allows both recovering addicts and sponsors to interact via reminders to reach out to each other.

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**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Self-Help For Anxiety Management (SAM)** offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.



## **Communities Which Offer Support**

### **Addiction Center Support Groups**

<https://www.addictioncenter.com/treatment/support-groups/>

Provides 24/7 access to support via hotline and pop-up chat options, which were present at the time of this writing. A library of resources available on their support page.

### **Smart Recovery**

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Offers a vast community of forum support.



## **Substance Abuse And Mental Health Services Administration**

<https://www.samhsa.gov/find-help/national-helpline>

Website states they offer “free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

## **The Tribe Wellness Community**

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A subscription-based service of peer-to-peer support for individuals and their families.

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Offers a search for free or low cost therapy options to connect with a therapist.

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## **The Recovery Village**

<https://www.therecoveryvillage.com/process-addiction/porn-addiction/treatment/#gref>

Offers therapy options for individuals and their loved ones.

## **Project Know**

<https://www.projectknow.com/support-groups/>

Offers insight into a 12-step process. A pop-up box offering chat guidance was available at the time of this writing.

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A thousand disappointments  
IN THE PAST CANNOT

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equal the power of

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**ONE POSITIVE**

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**action right**

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NOW. GO AHEAD

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**& go for it.**

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**UNKNOWN AUTHOR**

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## Reiterating Why You Offer Support

When an individual struggles with addiction, they often are caught in a mental battle of wondering why they are worth your time, effort, or love.

The question in their mind constantly is, “Why someone would want to help me?”

They may also believe help will be temporary until someone sees them as a burden or as a person who is just “too much.”

Because of these factors, It is important for those offering support to be a continual source of reassurance in why you want to support them—why you want to see them reach a place of wholeness.

This does not mean they dictate our lives or we cater to every whim. That is not what I am talking about. Healthy boundaries are important in every relationship, even ones which have serious complications in the midst.

Yet, I believe one of the best things we can do for someone who is struggling with addiction is to continuously and consistently reiterate *the why* behind our actions.

So, “Why would anyone want to help someone who is fighting to shift the story of addiction?”

I wholeheartedly believe it is because our care for that person gives us compassion and insight into three things: their future, their pathway, and their value.

## **Their Future**

You have an intrinsic belief that as someone you care for walks a path of wholeness and healing—they have a future.

## **Their Pathway**

You may not have the professional skill to offer the treatment or healing needed, yet you want to be with them on their pathway as they seek it out. You want to offer tangible guidance and see them win in the journey.

## **Their Value**

You have a foundational belief—that the person you care for has value. When you speak with them—it is directly tied into a personal reason why you believe they matter, have importance, and that the outcome of their life is important to you.

### **Reiterating Why You Offer Support - Video Discussion**



<https://youtu.be/fP4Xpr9jDz0>

# The Obstacles In Offering Help

It is fair to talk about the obstacles someone you care for may meet along their journey. It is incredibly tough to watch them face one or all of the following. I acknowledge the fact these moments can create tremendous setback or make it difficult for them, or maybe even you, to want to continue to fight for wholeness. I encourage you to continue to seek support and encouragement for yourself as you journey alongside of them. May you have the strength to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

*For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.*

## The Obstacles In Offering Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>

# Am I A Failure If Someone I Care For Won't Stop An Addiction?

If someone you care for is engaging in continuous addiction, it can be incredibly painful.

You likely have noticed your own sense of worry, fears, and emotions for that person. This is natural, because you love them and want them to be healthy.

But the one thing we don't talk about is the fact that beneath all of this, you may also feel a sense of failure.

If you feel as if you have failed at being a good friend or supportive loved one because the individual you care for has not changed, I want you to know I understand. Your feelings are valid. But, you are not a failure.

In this instance, we need to change the parameters for what true success and failure really are. Let's continue the conversation in the video below:

## Fighting The Feeling Of Failure - Video Discussion



<https://youtu.be/F1z5xZcEdp0>

**FAILURE IS AN EVENT, NEVER  
XXX a person. XXX**

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**««« *dale carnegie* »»»**



# What To Do When A Loved One Pushes Back

Getting push back when you try to help, is frustrating. As you engage with them, remember it is important to:

1. Go at their pace.
2. Own what is yours.
3. And yet, know this may not be about you.

Recognize push back is often overcome by:

- Being consistent.
- Stating why you are for them.
- Reaffirming them.
- Apologizing for previous disappointments.

Lastly, be honest. It might be good to share how their behavior made you feel.

*For a more in-depth discussion about these points, and how to overcome them, check out the video below.*

## When A Loved On Pushes Back - Video Discussion



<https://youtu.be/RZvb4ZRt6rA>



## Building A Safety Plan

If you are taking a stand against addiction, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps you continue to seek wholeness.

**Please note:** Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back against addiction are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is [Recovery.org](https://www.recovery.org). You can check out their advice here: <https://www.recovery.org/pro/articles/developing-your-personal-recovery-plan-template-included/>

The Recovery Village also offers a sample plan that anyone can use to help learn how to build a plan: <https://www.therecoveryvillage.com/treatment-program/aftercare/related/relapse-prevention-plan/#gref>

### Building A Safety Plan - Video Discussion



<https://youtu.be/yjjhSv6yoj8>

## The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can.

I welcome you, and those you care for, to find it.

### The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

## Identity Goes Beyond The Struggle

In the core of who I am—I am convinced none of us are defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you or someone you love has faced a deep struggle or have been treated in ways they did not deserve, I believe it does not have to be the key identifier of what makes an individual—them.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define a life. I believe each of us still have life in front of us and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

### Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>



## Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

## Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

## **Please Note:**

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

**If you are in immediate harm or danger call 911.**

## **Additional Resources:**

24/7/365 Crisis Call Center Hotline:

1 (1800) 273-8255

National Suicide Prevention Lifeline

1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>





## **Resource Guide:**

Apps Which Offer Support  
Communities Which Offer Support

### **Resources For:**

Parents

Families

Ministry Leaders

Teachers

Men

Teenagers Who Struggle

Teenagers Whose Friends Struggle



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## **Resources for Parents**

### **Navigating Porn Addiction – A Guide For Parents**

<https://static1.squarespace.com/static/5146816de4b04055d30999b8/t/569a9724d8af100e85072fb2/1452971860313/Navigating+Pornography+Addiction-A+Guide+for+Parents.pdf>

### **Teenagers And Pornography Addiction: A Silent Epidemic**

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research from a clinical background.

### **Parents Of Teens Help Guide**

<https://helpyourteennow.com/pornography-addiction-resources/>

## **A Plan For Discussing How To Avoid Porn**

<https://pcsearle.com/how-does-a-sex-addiction-expert-teach-his-kids-to-avoid-porn/>

One parent and therapists plan of action for discussing important topics.

## **Good Pictures Bad Pictures**

<https://www.protectyoungminds.org/books/>

Age appropriate children's books which teach pre-pubescent children (versions available for children 3-7 years old and 7-11 years old) how to safeguard themselves from pornographic images.

## **How To Recognize A Substance Abuse Disorder**

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

## **Substance Abuse Guide For Teenagers**

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-teen-or-young-adult-has-problem-drugs>

Offers a wealth of age appropriate knowledge and links for family members.



# **Substance Abuse Support For Families**

## **How To Recognize A Substance Abuse Disorder**

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

## **Substance Abuse Guide For Teenagers**

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-teen-or-young-adult-has-problem-drugs>

## **Substance Abuse Guide For Your Adult Loved One**

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-adult-friend-or-loved-one-has-problem-drugs>

Both Guides offers a wealth of age appropriate knowledge and links for family members.

## **Substance Abuse Treatment Booklet For Families**

<https://store.samhsa.gov/product/What-Is-Substance-Abuse-Treatment-A-Booklet-for-Families/SMA14-4126>

Provides a detailed, educational guide for families.

## **Designing A Treatment Plan – What Does It Look Like?**

<https://www.centeronaddiction.org/treatment/designing-addiction-treatment-plan>

## **Guide To Finding Quality Substance Abuse Treatment**

<https://www.centeronaddiction.org/sites/default/files/Guide-to-finding-quality-addiction-treatment-2018.pdf>

## **Is Addiction A Brain Disease?**

<https://www.health.harvard.edu/blog/is-addiction-a-brain-disease-201603119260>

A medical discussion on the ways a brain is affected by addiction—along with insight to reduce shame associated with it.

## **Resources For Families Facing Alcohol And Other Drug Addiction**

<https://www.hazeldenbettyford.org/addiction/help-for-families/family-toolkit>

Discusses how addiction is a family disease—and what to do inside of the roles individuals take when addiction hits home.



## **Additional Drug & Substance Abuse Resources**

### **How To Recognize A Substance Abuse Disorder**

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

### **Designing A Treatment Plan – What Does It Look Like?**

<https://www.centeronaddiction.org/treatment/designing-addiction-treatment-plan>

**Guide To Finding Quality Substance Abuse Treatment**  
<https://www.centeronaddiction.org/sites/default/files/Guide-to-finding-quality-addiction-treatment-2018.pdf>

### **Is Addiction A Brain Disease?**

<https://www.health.harvard.edu/blog/is-addiction-a-brain-disease-201603119260>

A medical discussion on the ways a brain is affected by addiction—along with insight to reduce shame associated with it.

### **Vaping: Why Its Addictive & Resources To Quit**

<https://www.health.harvard.edu/blog/vaping-its-hard-to-quit-but-help-is-available-2019110118248>

Provides education on the addictive qualities of vaping—along with resources to quit.

### **Quit Vaping**

<https://teen.smokefree.gov/quit-vaping>

Numerous articles on how to quit vaping, along with insight into the process, including understanding withdrawal, cravings, and triggers.

### **Puffing Away Sadness**

<https://www.health.harvard.edu/blog/puffing-away-sadness-2020022418913>

Offers insight into the combination of smoking as a tool to reduce negative emotions.

## **What Is Addiction? Understanding Drug Abuse And Addiction**

<https://americanaddictioncenters.org/rehab-guide/is-drug-addiction-a-disease>

Gives educational insight into the factors behind drug abuse and addiction. At the time of this printing, a chat box for immediate help was offered on the site.

## **Resources For Families Facing Alcohol And Other Drug Addiction**

<https://www.hazeldenbettyford.org/addiction/help-for-families/family-toolkit>

Discusses how addiction is a family disease—and what to do inside of the roles individuals take when addiction hits home.

## **Addiction Treatment Resources For College Students**

<https://www.staging.addictioncenter.com/college/treatment/>

A collaborative listing of a wide range resources options for students who face addiction.



## **Additional Resources For Sexual Addiction**

**What Is Sex Addiction & What Recovery Options Are Available?**

<https://www.smartrecoverytest.org/local/>

Provides an honest discussion about driving factors of addiction and what help is available, including online support groups.

**Sex Addiction Treatment**

<https://americanaddictioncenters.org/sex-addiction>

The American Addiction Centers offers a data heavy article on addiction facts—including what addiction is and isn't. As of this printing, website also offered a chat feature pop up that reached out for those seeking support.

## **The Mindful Habit**

<https://www.themindfulhabit.com>

Site offers a Free, 1-hour masterclass training on “4 Transformational Shifts” to end addiction. Site also offers resources for wives whose spouses are addicted.

## **I Feel Human Again**

<https://www.youtube.com/watch?v=4ZtcbYGUwf8>

One young man’s story of addiction and recovery.

## **Brain Heart World**

<https://brainheartworld.org>

A 3-part documentary on the impact of pornography, including scientific research and stories from individuals whose relationships have been affected. Free to watch for individual viewers. Screening licenses available for organizations.

## **Escaping Porn Addiction TED Talk**

<https://www.youtube.com/watch?v=dbYWKVAeu6Y>

One man’s journey to recovery from sex addiction.

#### **4 Ways Teen Girls Reject Porn**

<https://www.protectyoungminds.org/2017/07/06/4-ways-to-help-girls-reject-porn/>

#### **What It's Like To Be A Girl Addicted To Porn**

<https://fightthenewdrug.org/to-be-a-girl-addicted-to-porn/>

#### **Teenagers And Pornography Addiction: A Silent Epidemic**

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research on the topic from a clinical background.

#### **Safeguarding Children From Pornographic Images**

<https://www.focusonthefamily.ca/content/equipping-your-child-to-resist-pornography-2a622c0b-119e-4159-b181-c553fc2039d4>

Insight on how to equip pre-pubescent children to safeguard themselves from pornography.

#### **Students – How To Tell Your Parents About Your Struggle**

<http://www.transformed4more.com/girls-ministry/tell-parents-struggle-porn/>



### **Youth Worker Resources To Help Students Battle Porn**

<https://www.youthworker.com/articles/the-new-norm-ideas-for-helping-your-students-battle-porn/>

### **Ministry-Based Pornography Support Group Network**

<https://harvestusa.org/get-help-for-yourself/>

### **Youth Ministry Families Pornography Resources**

<https://youthministry.com/youth-ministry-families-and-internet-pornography/>

### **Battling Pornography Resources For Pastors**

<https://www.preachitteachit.org/articles/detail/20-ministry-resources-to-help-pastors-fight-pornography/>

### **One Wife's Story Of Her Own Addiction**

<https://harvestusa.org/welcoming-unexpected-pain-sexual-strugglers-in-your-life/#.XlaX1i3MzL8>

### **Teacher Strategies For Home And Classroom**

<https://www.mercatornet.com/mobile/view/battling-pornography-strategies-for-home-and-the-classroom>

### **Media Smarts – Resources For Teachers**

<https://mediasmarts.ca/pornography/resources-teachers-pornography>

Offers a collections of resources for teachers.



# change your narrative

## The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



[ImChangingIt.com](http://ImChangingIt.com)





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