

# change your narrative



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

## 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.

For more support, tools, and resources to help you or someone you care about shift the story of addiction, visit:

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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.

1. Scourfield, D. (2018, September 25). Top 10 Addictions in Modern Society. Retrieved March 1, 2020, from <https://www.caminorecovery.com/blog/top-10-addictions-in-modern-society/>

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## 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 share something that is important to me. I recognize the fact that addiction is a deeply embedded habit—no matter the form of substance or behavior.

Just because we are about to discuss key concepts of how to make a shift, does not mean the process is easy or quick. In matters related to addiction, the neural make up of a brain has been changed by repeated behaviors or substances. These areas of the brain take time to modify. In many cases, that recovery is accomplished with the most success when it is paired with professional care or treatment.

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 additional thing.

Just because the process may be long, does not mean that you are not succeeding. Though we say, “change your narrative” the truth is, it is worth celebrating every moment in which that narrative is 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.