

# The Power of Addiction and The Addiction of Power: Gabor Maté at TEDxRio+20

The speaker discusses how individuals use substances to ease pain and escape in their lives. Describe your motivations for using substances or alcohol in your own life.

What are the three things the speaker states that people are afraid of? Which of those three things can you relate to when it comes alcohol and substance use?

What are some things in your life that were ignored due to alcohol or substance use?

The speaker discusses how a person's motivation for life can be lost in addiction. What currently motivates you to maintain a healthy lifestyle?