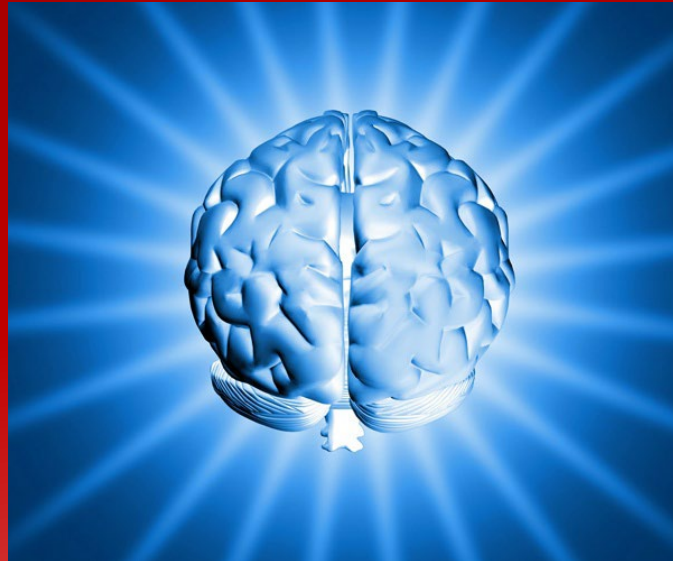


# Brain & Addiction:

There are Two parts to our Brain

- Higher Brain
  - Choices
- Lower Brain
  - Survival



# Brain & Addiction:



Detox/  
Withdrawal



Honeymoon



Adjustment

# Brain & Addiction:



## Stage 1: **Withdrawal**

(First 1-2 weeks)

The Brain slowly detects that the substance is no longer present and the chemicals in the brain are not being produced.

- Depression
- Out-Of-Control Behavior
- Cravings
- Contact with Triggers
- Exhaustion
- Lack of sex drive

# Brain & Addiction:



## Stage 2: **Honeymoon**

(2 weeks- 2months)

The Brain begins to **OVERPRODUCE** the missing “happy” or “feel good” chemicals. This increases the likelihood of relapse.

- Over Confidence
- Occasional Cravings
- Insomnia/Anxiety
- Loneliness/Boredom
- Strong Sexual Desire
- Sexual Acting Out

# Brain & Addiction:



## Stage 3: The Wall

(2 – 4 months)

In the search for balance, the Brain will be OVER and UNDER produce chemicals until balance or “normal” levels are reached.

- Mood Swings
- Sluggish/Depression
- Relapse Justification
- Boredom
- Loneliness
- Short Temper



# Brain & Addiction:



## Stage 4: **Adjustment**

(4 – 6 months)

The Brain has balanced out most of the production of chemicals and a sense of clarity and normalcy has resumed.

- Over Confidence
- Boredom with Sobriety
- Boredom with Sex Life
- Relationship Problems
- Lack of Goals

