

# Choice –Part 1

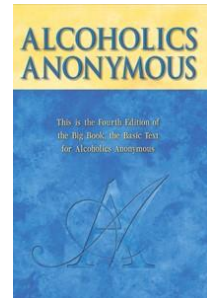


The temporary addictive escape from a painfully perceived reality would be sought more and more, until **the seeking itself felt like some primitive drive for survival in pursuit of which everything, including self-worth, would be sacrificed**

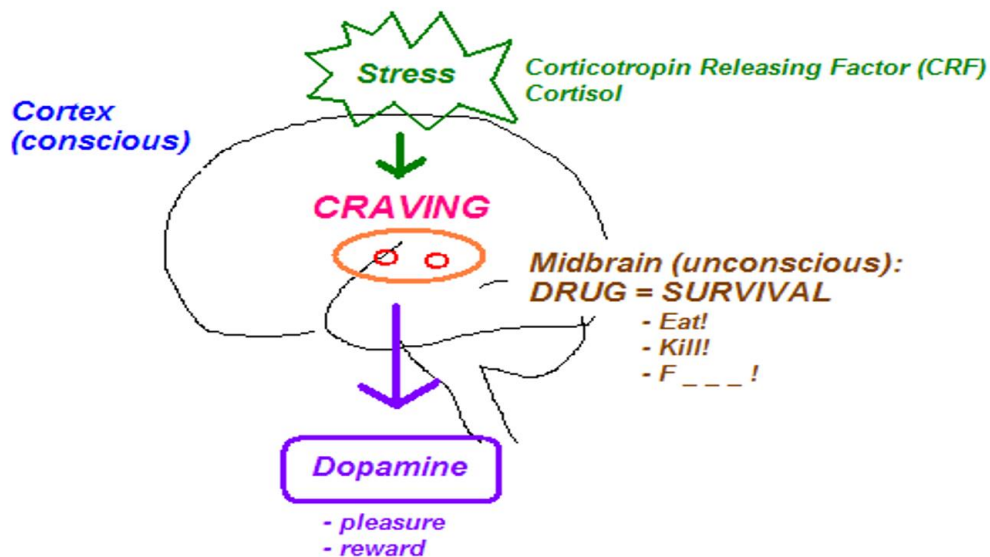
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The fact is that most alcoholics, for reasons yet obscure, have **lost the power of choice** in drink. **Our so-called will power becomes practically non-existent.** We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago.

Alcoholics Anonymous p 24



## How Stress triggers craving which triggers dopamine seeking addictive behaviours



[Dr.-McCauley-Is-Addiction-Really-a-Disease.pdf \(internationaladdictionservices.com\)](http://internationaladdictionservices.com/Dr.-McCauley-Is-Addiction-Really-a-Disease.pdf)

**We know what the physical defect of addiction is and where in the brain it is.** Addiction is a defect in the hedonic system, or the system that perceives pleasure, which is deep in the part of the brain that handles basic survival. Because of this defect, **the addict unconsciously thinks of the drug as life itself.** A beer is not just a beer anymore – the addict needs the beer to get through life and when the beer is unavailable **they crave it.**

While it is true that the addict may have a choice in whether or not to use drugs, **they do not have the choice over whether or not to crave.** If craving gets bad enough, even the strongest-willed, most mature and most responsible person will return to using drugs. **No brain can ignore that survival imperative.** One of the big reasons we have difficulty calling addiction a disease is our inability to grasp the true nature of craving. **Craving is a very real mental suffering the addict endures** when they come to the point in their addiction when they are using drugs **even when they do not want to.**

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