

# 10 MYTHS

## About Drug Addiction



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## MYTH #1

# Addicts Can Stop Whenever They Want



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**FALSE.**

**Addiction is a chronic disease that  
creates dramatic changes in the brain.**

In order to quit, most people need treatment to  
address these changes.



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## MYTH #2

# Addiction Is a Moral Failing



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**FALSE.**

# Addiction is a result of changes in the brain.

In fact, some people may be more at risk for addiction based on their genetics and environment.



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## MYTH #3

# All People that Use Drugs Are Addicted



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**FALSE.**

**Not everyone who uses  
substances is addicted.**

Addiction is characterized by intense cravings and the inability to stop using drugs, in spite of the negative consequences that occur as a result.



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## MYTH #4.

# Addicts Are Easy to Identify



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A group of five diverse people (three men and two women) are sitting in a circle, engaged in a discussion. The image is dimmed to serve as a background for the text.

# FALSE.

**People who are addicted to drugs come in every age, color, shape, gender, background, and economic status.**

Addiction is often characterized by secrecy, and many addicts hide their drug use from those around them.



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## MYTH #5

# You Cannot Be Addicted to a Prescribed Medication



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# FALSE.

**In 2015, prescription painkillers were the most abused type of drug after marijuana. Abusing opioid medication can easily lead to dependence and ultimately addiction.**

Painkillers can also be just as dangerous as other drugs. In fact, they cause thousands of overdose deaths per year.



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## MYTH #6

**If You Can Go to Work, You  
Are Not Really Addicted**



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**FALSE.**

**Many people suffer from  
addiction and continue working.**

This can cause a great deal of harm and jeopardize a person's health, social status, employment, and safety.



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## MYTH #7

# Only “Hard” Drugs are Dangerous



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**FALSE.**

**Any drug when taken in excess can cause damage to the brain and the body.**

For example, alcohol abuse causes major harm to individuals and society as a whole, yet alcohol remains widely acceptable.



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## MYTH #8

**There is Nothing Friends or  
Family Can Do to Help**



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**FALSE.**

**Family and loved ones are often the people who are in the best position to offer support to the addicted individual.**

There are hundreds of resources available on the internet and from professionals in the field to guide you in influencing your loved one to get help.



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## MYTH #9

# Rehab Doesn't Really Work



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A group of people, including a man and several women, are gathered around a table in what appears to be a professional or medical setting. They are engaged in a discussion, with some looking at each other and others looking down. The image is dimly lit, with the text overlaid in bright colors.

# **FALSE.**

**While rehab is not a lifetime cure, it is a highly effective form of treatment.**

Treatment is pivotal in helping addicted individuals learn the necessary skills to help them cope and manage triggers. Rehab provides a sober environment for recovering users to focus solely on sobriety.



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## MYTH #10

# A Relapse Equals Failure



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# FALSE.

**Recovery from a drug addiction is a lifelong process.  
Relapse should not be viewed as a failure.**

Relapse is a normal part of recovery, and many people use it as an opportunity to reevaluate their goals for abstinence and strategize about how to get back on track.



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# THE TRUTH:

## It is never too late to get help.

Addiction treatment helps people turn their lives around every day. If you or someone you love needs help, don't wait to reach out.



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