

How does Addiction affect daily Life?

It does not always look dramatic. Sometimes, it looks like missed meals and broken plans. Let's walk through real-life signs.

Thoughts:

- "I will just use it this once to feel better."
- "I cannot function without it."
- "I do not deserve to feel okay."
- "What is the point of trying to stop?"

These thoughts become repetitive and intrusive, making it hard to focus on work, studies, or even a simple conversation.

Behavior:

- Skipping work, school, or daily routines.
- Constantly checking your phone or trying to plan the next "fix" (be it a drink, a scroll, or a bet).
- Lying or hiding the habit even from people you love.
- Withdrawing from hobbies, events, or family dinners.

Relationships:

- Constant arguments or passive tension with loved ones.
- Friends stop calling not because they don't care, but because you are distant or unreliable.
- You stop showing up for birthdays, meet-ups, or even bedtime chats with your kid.

Physical Health:

- Sleepless nights or sleeping too much.
- Shaky hands, headaches, nausea.
- Gaining or losing weight without realizing it.
- Feeling tired even after resting.



What You Can Do: Tools & Coping Strategies

These are small actions. But small is where big starts.

Basic Psychological Tools

ABC journaling

A = Activating event, B = Belief, C = Consequence. Rewire your thinking.

HALT check-in

Am I Hungry, Angry, Lonely, or Tired? These are major triggers.

Thought flipping

From "I can't stop" to "I've stopped before. I can try again."

TTR

Trigger, thought reaction. Journal your triggers, thoughts and reaction daily to maintain a record.

Coping Strategies

- Start your day with one grounding habit (journaling, a cold splash, a mindful tea).
- Replace the addiction moment with something soothing (walk, music, doodling).
- Say "no" out loud even to yourself. Hearing it matters.

Lifestyle Shifts

- Regular sleep-wake cycle (addiction loves chaos; healing loves rhythm).
- Movement, even gentle stretching counts.
- Reduce sugar and caffeine because both spike cravings.
- Create a "support list": 3 people, 3 activities, 3 reasons to heal

When to seek help

*You don't need to wait for disaster.
You only want a different kind of day*

Signs you should reach out

- ▶ You have tried stopping before but can't.
- ▶ You lie about how much, how often, or how badly you need it.
- ▶ You feel hopeless or empty when you are not engaging in the addiction.
- ▶ Your relationships, work, or health are suffering.
- ▶ You feel "normal" only when using and panic when you are not.

