

Sample Student 1

English 846

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Definition Essay-REVISION

Addiction

Addiction comes in many forms such as video games, shopping and even illegal drugs. It is hard to recognize the signs of addiction since these diverse addictions become a routine in our day-to-day lives. **But addiction is a bad thing. It's is an extreme dependency on something, anything (an object or an activity, or a drug) that, once removed from a person's life, can cause hallucinations, anxiety and withdrawals, and all kinds of other negative consequences.** For example, drugs have been the number one cause of addiction amongst people for several years. Becoming dependent on an illegal substance like cocaine or heroine can be harmful to people once they become dependent of it in which they are then considered to be "addicts." People begin to have such a compulsive need for drugs that it becomes the one and only thing they think about.

One of the side effects of drug addiction is hallucination. Hallucinations can make people paranoid enough to the point of making them isolate themselves from everyone and everything. Addicts become so focused on re-experiencing the first time they took drugs that they isolate themselves to try to relive that moment. Hallucinations can also make them feel like they are being chased by a stranger or are being looked for by the police. The addicts tend to isolate themselves so that

they are not found by their hallucinations. They may feel like everyone knows that they do drugs in which they then want to be alone to not be stared at or accused of things they haven't done. The isolation keeps them from living a normal life that they eventually change their lifestyle, eating habits and even lose perspective on who they are. Changing their lifestyle can be affected by them not doing the activities they enjoy doing such as exercising or socializing with friends and family members. Their eating habits may change since they will most likely not want to eat anything at all because all they want to do is consume more drugs. They may lose interest in almost anything and that will cause them to be looked at by friends and family members like a different person or "not their usual self". Drug addicts will at some point become tolerant to a certain amount of drugs, and will feel the need to consume more. If they are used to consuming twice a day, they will take turn to consume three to four times a day to continue having the effects they need to maintain their high. Their dependency on drugs can lead them to not function in a productive way to live their lives. They can end up in the hospital for over dosing or possibly even die if the addiction is not treated in time.

Addicts are not the only ones affected by their consumption. By taking drugs they affect their work, friends and family members. Anxiety is another side effect of addiction that tends to make the addict unsure what they should do with themselves. Although there are addicts that isolate themselves, there are also those that consume and can be around people and act like their normal selves. Given the opportunity addicts will steal money, commit prostitution or even hurt their loved

ones as long as they get what they want regardless of the consequences. This may result in them harming themselves or others if they do not isolate themselves during consumption. They do not care if they beat someone, get arrested or even hurt themselves to the point of ending up in a hospital or commit suicide. They may try to seek help but will normally wait till they hit “rock bottom”. Rock bottom to addicts is considered as not having anyone to help them or anyone who will no longer feel sorry for them. They have to seek an alternate way of living their lives if they do not have money to purchase their drugs making them have withdrawals.

Having withdrawals is the hardest symptom that is caused by addiction that occurs when addicts no longer want to have a dependency on an item or illegal substance. Rehabilitation (also known as “Rehab”) is known to help the addict cope with withdrawal symptoms by having personal counseling to help them understand why they are dependent of an object, activity or illegal substance. They tend to have group sessions in which they show support for one another by discussing their experiences and help them battle their addiction. Rehab also helps them understand that they do not need to be dependent of a substance to live their lives. The sessions also help them understand why they take drugs, and how taking drugs affects the body by causing nausea, cravings, headaches and cold sweats. These sessions also provide support while they are battling their addiction and help them from regressing to their addiction habits.

Although drug addiction is known to be the most well known type of addiction amongst people, any kind of addiction can be just as harmful. Video games

and shopping can be as equally harmful since they are activities that require dependency of their actions. Once the addiction starts to consume a person's life and it's the only thing they can think of; they should try to seek help as soon as possible. Recognizing the symptoms and most importantly admitting that one may have an addiction can prevent harm and even death from occurring.