

## DSM-IV SUBSTANCE ABUSE CRITERIA

The American Psychiatric Association defined *Substance Abuse* as a maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following occurring within a 12-month period:

1. Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (such as repeated absences or poor work performance related to substance use).
2. Recurrent substance use in situations in which it is physically hazardous (such as driving an automobile when impaired by substance use).
3. Recurrent substance-related legal problems (such as arrests for substance related disorderly conduct).
4. Continued substance use despite having persistent or recurrent social or interpersonal problems caused or worsened by the effects of the substance (e.g., arguments with spouse about consequences of intoxication and physical fights).

## DSM-IV SUBSTANCE DEPENDENCE CRITERIA

The American Psychiatric Association defined *Substance Dependence* as a maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by three (or more) of the following occurring any time in the same 12-month period:

1. Tolerance, as defined by either of the following:
  - (a.) A need for markedly increased amounts of the substance to achieve intoxication or the desired effect.
  - (b.) Markedly diminished effect with continued use of the same amount of the substance.
2. Withdrawal, as manifested by either of the following:
  - (a.) The characteristic withdrawal syndrome for the substance.
  - (b.) The same (or closely related) substance is taken to relieve or avoid withdrawal symptoms.
3. The substance is often taken in larger amounts or over a longer period than intended.

4. There is a persistent desire or unsuccessful efforts to cut down or control substance use.
5. A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from its effects.
6. Important social, occupational, or recreational activities are given up or reduced because of substance use.
7. The substance use is continued despite knowledge of having a persistent physical or psychological problem that is likely to have been caused or worsened by the substance (e.g., continued drinking despite recognition that an ulcer was made worse by alcohol consumption).

#### ADDITIONAL INFORMATION ON ADDICTION

Note: The symptoms for abuse have never met the criteria for dependence for this class of substance. According to the DSM-IV, a person can be abusing a substance or dependent on a substance but not at the same time.

DSM-IV criteria for substance dependence include several specifiers, one of which outlines whether substance dependence is with physiologic dependence (evidence of tolerance or withdrawal) or without physiologic dependence (no evidence of tolerance or withdrawal). In addition, remission categories are classified into four subtypes: (1) full, (2) early partial, (3) sustained, and (4) sustained partial; on the basis of whether any of the criteria for abuse or dependence have been met and over what time frame. The remission category can also be used for patients receiving agonist therapy (such as methadone maintenance) or for those living in a controlled, drug-free environment.

# EARLY WARNING SIGNS OF ADDICTION

## Check List

1. Increased Tolerance and Consumption  
*use more and more to attain the desired effect*
2. Increased Desire to Use  
*a desire to use more frequently*
3. Lack of Control  
*lost of control over one's life*
4. Personality Changes  
*become irritable and angry easily*
5. Isolation  
*using alone or hiding out to use*
6. Increased Dependence  
*need to use in order to cope with life on life terms*
7. Neglect of What's Really Important  
*family, work, appointments, etc. are no longer significant*
8. Loss of Pride and/or Self-Esteem  
*don't care attitude*
9. Unsuccessful Attempts to Stop or Control Amount of Using  
*continuing to use in spite of negative consequences*
10. Advance Physical and Emotional Failure  
*begin to experience physical and emotional problems as a result of extended using*

**Note:** According to the American Psychiatric Association DSM-IV Criteria, if you have answered yes for Three or more of the above check list—you're an addict with an addiction.

# Eight Essentials to Recovery

**The word essential refers to that which is necessary and beneficial.**

- ✚ *Necessary means you cannot live without it.*
- ✚ *Beneficial means it's for your betterment or good.*

**What is the difference between clean-time and sobriety?**

- ✚ *Clean-time refers to merely the number of days you have not used.*
- ✚ *Sobriety refers to your change in lifestyle or way of living to stay clean.*

## 1. **Honesty** (Note: two components to honesty)

- Acknowledge that:
  - ✓ *I have an addiction*
  - ✓ *My addiction is the result of my choices*
  - ✓ *My addiction is bigger than me*
  - ✓ *I need outside help for recovery*
  - ✓ *Therefore, I cannot dictate the level or kind of help*
- Acceptance that:
  - ✓ *The addiction is life-long*
  - ✓ *Therefore my program **must be** life-long*

## 2. **Commitment** (Note: two components to commitment)

- Open-Mindedness
  - ✓ *That you have you been wrong before*
  - ✓ *That you could be wrong again*
  - ✓ *That you cannot put absolute trust your thinking*
  - ✓ *That you might need to commit to a 12-step program*
- Willingness
  - ✓ *To do something different (it's insane to keep doing the same thing...)*
  - ✓ *To commit to the treatment process (by any means necessary)*

## 3. **Structure**

- Building a life of recovery includes:
  - ✓ *Proper rest and diet*
  - ✓ *Employment, Regular exercise, and Leisure time*
  - ✓ *Daily inventory and planning (contact with sponsor meetings, & devotion)*

## 4. **Spirituality**

- Components of spirituality should include:
  - ✓ *God as your higher power (addicts usually do not achieve recovery without God)*

- ✓ *A spirit of humility*
- ✓ *Personal responsibility to (bible study, prayer, meditation, & devotion)*

5. **Sponsor:** (two types of sponsors)

- Temporary and Permanent Sponsors
  - ✓ *You must secure a sponsor as soon as possible (especially before working step-four)*
  - ✓ *Please refer to the list of Characteristics and Functions of the Sponsor*

6. **Support System**

- Elements of a healthy support system includes:
  - ✓ *Sponsor, Meetings, Mentor, Family, Friends, Job, and church*
  - ✓ *You must formulate a healthy support system (i.e., people, places, and things)*
  - ✓ *Meetings are usually where you can secure a sponsor*

7. **Making Meeting**

- I call it “M & M” Meeting Makers
  - ✓ *You must regularly attend meetings*
  - ✓ *Meetings are where other addicts share their hopes, experiences, and strengths which is extremely relevant for recovery*

8. **Change:** (two types of changes)

- Change of Thinking and Behavior
  - ✓ *You must submit to the process of changing your thinking (i.e., psychological)*
  - ✓ *You must submit to the process of changing your behavior (i.e., physiological)*
  - ✓ *Primarily one must change the belief system because the belief system governs the behavior (Proverb 14:25)*

## THE TWELVE STEPS REVISED

1. I admit that I am powerless over my addiction, and my life has become unmanageable.
2. I came to believe that there is a God greater than my addiction who can restore me to sanity.
3. I made a conscious decision to turn my will and life over to the care of God.
4. I continue by making a searching and fearless moral inventory of myself.
5. I admitted to God, to myself, and to another person (sponsor) the exact nature of my wrongs.
6. I am entirely ready to have God remove all my defects of character.
7. I humbly asked God to remove my defects of character.
8. I made a list of all persons I have harmed, and I am willing to make amends to them all.
9. I made direct amends to those I have harmed wherever possible, except when to do so would injure or cause harm to them or others.
10. I continuously take personal inventory and when I am wrong, I promptly admit it.
11. I sought, through prayer and meditation, to improve my conscious relationship with God, praying only for His knowledge and will for my life and the power to carry it out.
12. Having had a spiritual awakening as a result of these steps, I carry this message to others while practicing these principles in all my affairs.

Revised by Dr. Kenneth Foy

## The Essence of Step-One

**I** – personal pronoun used to keep the **focus** on the self. The word *focus* should be considered as being equivalent to the word **scope**. A deer-hunter uses a scope while hunting for at least two reasons: (1) to magnify the target = (sobriety), and (2) to eliminate distractions. Both increases the hunter’s potential in achieving the desired end.

**Admit** - “to come to term with” or “to settle the matter once and for all.” The word *admit* is the hinge upon which the addict’s sobriety hangs. The addict cannot recover unless he/she gets honest with self. The addict must acknowledge and accept his/her reality.

**That** – refers to the subject matter at hand (i.e., whether or not I’m truly addicted).

**I** – refers back to the antecedent (the original personal pronoun).

**Am** – state of existence or being; the real you; the internal you which is totally deficient.

**Powerless** – refers to willpower or inner strength; the willpower is a compound word

**Will** – is the seat of one’s desires, wants, wishes, and choices

**Power** – refers to one’s strength, ability, or authority

**Less** – a smaller amount of; not as much

**Over** – literally means to transfer; it is the act of transferring one’s power to another.

**My** – personal pronoun that takes ownership or possession.

**Addiction** – can be likened upon demonic possession that takes on the characteristic of a parasite living within the addict; attempts to mimic God; although the addiction can be view in a spiritual manner, it primary operation is through obsessions (i.e., psychological) and compulsions (physiological) manifesting in behavior.

**And** – in addition to; in other words, there’s more.

**My** – personal pronoun that takes ownership or possession.

**Life** – the quality of living that differentiates a vital functional person from a dead person; in other words, the addict is dead man walking.

**Has** – once held in possession.

**Become** – the prefix *be* means to occupy; the suffix *come* means to arrive at.

**Unmanageable** – means not able to organize or treat with care; literally means chaos rules.

## The Essence of Step-Two

**I** – personal pronoun primarily used to keep the **focus** on the self.

**Came** – to have already arrived or reached a place of destination.

**To** – points in a specific or precise direction.

**Believe** – refers to one's conviction (i.e., rules and principles that governs the behaviors).

**That** – refers to the subject matter at hand (i.e., what I conviction about).

**There** – points to a specific and precise person, place, or thing.

**Is** – speaks in **absolute**; in other words, this two letter word leaves no room for doubt.

**A** – always denotes one.

**God** – in Christianity the title speaks of deity, creator, Supreme Being or ruler.

**Greater** – refers to possessing the ability, quality or eminence (superiority) above average.

**Than** – introduces a second element of comparison; an exception or contrast.

**My** – personal pronoun that takes ownership or possession.

**Addiction** – can be likened upon demonic possession that takes on the characteristic of a parasite living within the addict; attempts to mimic God; although the addiction can be view in a spiritual manner, its primary operation is through obsessions (i.e., psychological) and compulsions (physiological) manifesting in behavior.

**Who** – improper pronoun that refers back to the proper noun or antecedent (i.e., God).

**Can** – refers to the absolute ability or enablement to carry-out or perform.

**Restore** – literally means in the biblical sense to make **anew** or **over** (Jer. 18:1-6).

**Me** – personal pronoun that admits and receives being acted upon.

**To** – points to a specific or precise direction.

**Sanity** – to make sense; to execute reasonable behavior; to be able to take care of one's self; to be able to organize and treat with care; literally means an absence of chaos.

## The Essence of Step-Three

**I** – personal pronoun primarily used to keep the **focus** on the self.

**Made** – to have already formulated, fashioned, or achieved.

**A** – always denotes one.

**Conscious** – to be aware of or alert to; in other words, it means to be intentional.

**Decision** – refers to one's determination, commitment, choice, or resolution; to arrive at after much consideration (i.e., careful thought; a matter weighed or taken into account).

**To** – points in a specific or precise direction.

**Turn** – to **surrender**, give up, or relinquish; to change **direction** and **position**.

**My** – personal pronoun that takes ownership or possession.

**Will** – volition (the mental seat of one's desires, choices, wants, and wishes).

**And** – in addition to; in other words, there's more.

**Life** – the **quality** of living that differentiates a vital functional person from a dead person.

**Over** – literally means to transfer; it is the act of transferring one's power to another.

**To** – points in a specific or precise direction.

**The** – a definite article used to refer to a person, place, or thing that is unique or of quality.

**Care** – literally means the suffering of mind; to be responsible for; having as a significant character.

**Of** – expressing a relationship between a part and a whole.

**God** – in Christianity the title speaks of deity, creator, Supreme Being or ruler.

## The Serenity Prayer

**God** – an address to Deity, in this case the Godhead, Creator, Supreme Being and Ruler.

**Grant** – to be allow, permit, or give undeservingly or unwarranted; not earned.

**Me** – personal pronoun that refers to the one making the petition.

**The** – a definite article used to refer to a person, place, or thing that is unique or of quality.

**Serenity** – having a calming or sedative effect on, to experience tranquility or to be in a state of peace.

**To** – expressing direction or position in relation to a particular location, point, or condition.

**Accept** – take on responsibility; tolerate or submit to.

**Things** – an action, activity, concept, or thought.

**That** – points to the subject matter at hand; in this case referring to a specific thing previously mentioned or known.

**I** – personal pronoun that refers to the self.

**Cannot** – refers to the absolute inability to do, carry-out or perform something.

**Change** – make or become different; to move from one system or situation to another.

**Courage** – the ability to do something in spite of being frighten; strength in the face of pain or grief.

**Can** – having the ability or enablement to do, carry-out, or perform something.

**And** – in addition to; there is more.

**Wisdom** – the quality or ability to judge or differentiate.

**Know** – to have knowledge (information and skills acquired through experience or education) of.

**Difference** – a way in which people or things are dissimilar.

Real Recovery Based On:  
*Philippians 4:13*

I can do all things through Christ who strengthens me.

**I** – personal pronoun primarily used to keep the **focus** on the self. The word *focus* should be considered as being equivalent to the word scope. A deer-hunter uses the scope while hunting for at least two reasons: (1) to magnify the target = (sobriety), and (2) to eliminate distractions. Both increases the hunter’s potential in achieving the desired end.

**Can** – having the ability or enablement to do, carry-out, or perform something.

**Do** – to perform or carry out; it is an action word (I call it, “doing the Do”).

**All** – refers everything; it is all inclusive (i.e., across the board).

**Things** – refers to that (action) which is pertaining to recovery and sobriety.

**Through** – moving in one side and out the other side of; by means of process of; connected or plugged up to.

**Christ** – the title given to Jesus; the Anointed One; Lord and Savior of mankind; the word also refers to Deity, Creator, Supreme Being or Ruler; in other words, God.

**Who** – improper pronoun that refers back to the proper noun or antecedent (i.e., God).

**Strengthens** – literally means to make or become stronger; to impart power, authority, or ability; to give divine enablement.

**Me** – personal pronoun that admits and receives being acted upon.