



Cornerstone Counseling Ministry
Leading People to the Hope, Help, and Healing of God's Transforming Grace

2018 Addiction Seminar

A Biblical Approach to Addictions and Recovery

I. What is an Addiction?

a. Disease

b. Choice

c. Voluntary Slavery

d. Idolatry

II. The Process of Addiction

a. Single-Cause Theories

b. Biblical Progression

i. Desire

ii. Habit

iii. Biology

iv. Idolatry

III. Treatment of Addictions

a. Medication

- b. The Four R's

IV. Responsibility

- a. Choices

- b. Desires

- c. Thoughts

V. Relationship

- a. With God

- b. With Others

VI. Restructuring
a. Avoidance

b. Adaptation

c. Augmentation

d. Amusement

e. Awe

VII. Remaining
a. Community
b. Honesty
c. Joy

Truth and Lies Chart

Lies I Believe	Biblical Truth	Scriptural Reference

Restructuring Evaluation

Rank 1 – Most Change Needed 2 – Least Change Needed	Focal Area	Weakness: What needs to change in this are?	Impact of Weakness: How does this weakness contribute to struggle?
	Avoidance Strategies		
	Adaptation Strategies		
	Augmentation Strategies		
	Amusement Strategies		
	Awe Strategies		

Substance Abuse/Chemical Dependency Assessment

Name: _____

GENERAL SYMPTOMS OF CHEMICAL DEPENDENCY (Check all that apply)

Preoccupation ☐ Daily Use ☐ Guilt or remorse ☐ Tolerance ☐
Loss of control ☐ A.M. Drinking ☐ Hiding supply ☐ Prescription abuse ☐
Blackouts ☐ Pre-drinking ☐ Sneaking use ☐ Use to reward self ☐
Unable to stop ☐ Binging ☐ Use to reduce stress ☐ Preoccupation ☐
Elaboration (include triggering events): _____

PHYSICAL - WITHDRAWAL SYMPTOMS OF CHEMICAL DEPENDENCY

Tremors ☐ Delirium (DT's) ☐ Seizures ☐
High Blood Pressure ☐ Hepatitis ☐ Nose bleeds ☐
Ulcers ☐ Gastritis ☐
Other Symptoms: _____

BEHAVIOR - PERSONALITY CHANGES ASSOCIATED WITH USE

Verbal abuse ☐ Social isolation ☐ Family concerned ☐
Physical abuse ☐ Labile mood ☐ Work concerned ☐
Excessive anger ☐ Depression ☐ Insomnia ☐
More/less social ☐ More relaxed ☐ Sexual performance ☐
Embarrassed by behavior during use ☐ Effects on morality or spirituality ☐ Un-kept promises ☐
Elaboration: _____

FINANCIAL AND LEGAL HISTORY

Wages garnished ☐ Bankruptcy ☐ Legal problems ☐
Repossessions ☐ Suspended license ☐ Collection agency involved ☐

Indicate dates of arrest if applicable:

DWI-DUI: _____ Possession: _____ Drug sales: _____
Burglary: _____ Domestic Violence: _____ Other: _____
History of probation: _____

PROBLEMS IN JOB, SCHOOL OR OTHER ROLE FUNCTIONS

Attendance ☐ Deteriorating performance ☐ Promises to improve ☐ Tardiness ☐
Disciplined ☐ Mon or Fri absences ☐ Accidents/safety violations ☐ Argumentative ☐
Using at work/school ☐ Erratic behavior ☐

TREATMENT HISTORY (Indicate dates of treatment)

Detoxification: _____ Outpatient: _____ Aftercare: _____
Other: _____ Inpatient: _____ Longest abstinence: _____

☐ Client reports past history of use but is now abstinent: _____

Substance	Amount	Frequency	Age began	Last used

OTHER ADDICTIONS

Eating ☐ Gambling ☐ Sexual ☐
Spending ☐ Codependency ☐ Other ☐

CHEMICAL DEPENDENCY ASSESSMENT SUMMARY

Chemical dependency apparent: Yes ☐ No ☐ Refer for evaluation of level of care: Yes ☐ No ☐
Chemical abuse apparent: Yes ☐ No ☐

Prescription Drug Addiction Assessment Tool

The purpose of this self-test is to enlighten you about your own level of prescription drug use. Please answer each question honestly, with **0=Never**; **1=Rarely**; **2=Sometimes**; **3=Frequently**; **4=Always**

- Have you ever manipulated or lied to a doctor to obtain prescription drugs? 0 1 2 3 4 5
- Have you ever stolen prescription drugs or stolen to obtain prescription drugs? 0 1 2 3 4 5
- Do you regularly use a prescription medication in a way that it is unintended (for example, increased dosage)? 0 1 2 3 4 5
- Have you ever taken one prescription drug to overcome the effects of another? 0 1 2 3 4 5
- Do you avoid people and places that do not approve of you using prescription drugs? 0 1 2 3 4 5
- Has your job or school performance ever suffered from the effects of your prescription drug use? 0 1 2 3 4 5
- Have you ever been arrested as a result of using prescription drugs? 0 1 2 3 4 5
- Have you ever lied about what or how much you use? 0 1 2 3 4 5
- Have you ever lied to a physician to obtain a prescription for drugs? 0 1 2 3 4 5
- Do you put the purchase of drugs ahead of your financial responsibilities? 0 1 2 3 4 5
- Have you ever tried to stop or control your using? 0 1 2 3 4 5
- Have you ever been in a jail, hospital or drug rehabilitation center because of your using? 0 1 2 3 4 5
- Does using interfere with your sleeping or eating? 0 1 2 3 4 5
- Does the thought of not having prescription drugs worry you? 0 1 2 3 4 5
- Do you feel it is impossible for you to live without your prescription drug(s)? 0 1 2 3 4 5
- Do you feel depressed and/or suicidal because of your prescription drug use? 0 1 2 3 4 5
- Is your prescription drug use making your social or home life unhappy? 0 1 2 3 4 5
- Have you ever felt defensive, guilty, or ashamed about your using? 0 1 2 3 4 5
- Do you think a lot about a certain prescription drug or drugs? 0 1 2 3 4 5
- Do you use prescription drugs because of pain or stress? 0 1 2 3 4 5
- Have you ever overdosed on any prescription drug/drug? 0 1 2 3 4 5
- Do you continue to use despite knowing its negative physical or psychological consequences? 0 1 2 3 4 5
- Do you think you might have a drug problem? 0 1 2 3 4 5

ALCOHOL:

BEHAVIORAL EFFECTS: Sedation/drowsiness, confusion, slurred speech, poor concentration, incoordination.

PSYCHOLOGICAL EFFECTS: Decreased anxiety, feeling of well-being, decreased inhibitions, mild stimulation

INTOXICATION EFFECTS: Loss of consciousness, slow or arrested breathing, vomiting

WITHDRAWAL ISSUES: (Begins 5-10 hours after last drink and lasts 5 days). Anxiety, insomnia, fever, tremors and possibly seizures. Delirium Tremens (DT's) are severe withdrawal syndrome requiring medical support.

NON-PRESCRIPTION DRUGS:

INHALANTS: Toluene, plastic cement, paint, gasoline, paint thinners, hair sprays, spray aerosol cleaners, markers, nitric oxide, amyl nitrites

STREET NAMES: "Poppers", "Snappers", "Whippets"

PSYCHOLOGICAL EFFECTS: Stimulation, loss of inhibition, euphoria

BEHAVIORAL EFFECTS: Slurred speech, loss of coordination, runny nose, skin irritation around mouth, wheezing.

INTOXICATION: Loss of consciousness, "Sudden Sniffing Death", hallucinations.

WITHDRAWAL ISSUES: Within hours of last use, sweating, tremors, insomnia, chest pain.

COCAINE:

STREET NAMES: "Blow", "Bump'Y'Snow", "Crack", "Coke", "Powder", "8ball", "Nose Candy"

BEHAVIORAL EFFECTS: feelings of exhilaration, euphoria, mental alertness, increased energy.

PSYCHOLOGICAL EFFECTS: feelings of exhilaration, euphoria, mental alertness, increased energy. Impulsivity, excitable, hyperactive

INTOXICATION EFFECTS: Psychotic, paranoid, anxious, seizures, strokes, heart rhythm abnormalities.

WITHDRAWAL ISSUES: Within 72 hours of last use: depression, fatigue, intense cravings, and nightmares.

METHAMPHETAMINES:

STREET NAMES: "Ice", "Crystal", "Glass", "Crank", "Chalk", "Speed", "Meth".

BEHAVIORAL EFFECTS: Excitable, tremors, twitching, dilated pupils, sweating, poor dentition, and extreme weight loss.

PHYSIOLOGICAL EFFECTS: Rapid eye movement, twitching, hyperactive, decreased need for sleep.

INTOXICATION EFFECTS: Anxiety, irritability, paranoia, psychosis, violent behavior, seizures.

WITHDRAWAL ISSUES: Within 12-48 hours after last dose; anxiety, irritability, depression, suicidal thoughts.

CLUB DRUGS: MDMA (Ecstasy), Rohypnol, GHB

STREET NAMES: X, lover's speed, R2, roofies, rope, G, Georgia homeboy, date rape drugs

PSYCHOLOGICAL EFFECTS: lower inhibitions, empathetic feelings, mild hallucinations, sedation.

BEHAVIORAL EFFECTS: impaired coordination, sweating, teeth clenching

INTOXICATION EFFECTS: hyperthermia, loss of consciousness, seizures

WITHDRAWAL ISSUES: insomnia, loss of weight, anxiety, tremors

DISSOCIATIVES: Ketamine, PCP, Saliva, LSD, Mescaline (peyote), Psilocybin (mushrooms)

STREET NAMES: Special K, cat valium, angel dust, Sally-D, acid, microdot, buttons, cactus, 'shrooms, and purple passions.

PSYCHOLOGICAL EFFECTS: feeling of being separate from one's body, analgesia, euphoria, hallucinations

BEHAVIORAL EFFECTS: psychosis, aggression, slurred speech, loss of coordination.

INTOXICATION EFFECTS: delirium, slowed or stopped breathing, paranoia, sweating, rapid shifts in emotions.

WITHDRAWAL ISSUES: Flashbacks, fatigue.

PRESCRIPTION DRUGS:

NARCOTICS: Hydrocodone (Vicodin, Lortab), Oxycodone (Percocet, Oxycontin), Hydromorphone (Dilaudid), morphine (MS Contin), Fentanyl, Codeine, Methadone, Tramadol (Ultram), buprenorphine (Suboxone, Subutex)

STREET NAMES: Tabs, Hydros, Watson-387, Blues, footballs, juice, pancakes and syrup, vike, oxy, OC's

PSYCHOLOGICAL EFFECTS: Pain relief, euphoria, increased energy, feelings of well-being.

BEHAVIORAL EFFECTS: dry mouth, itching, constricted pupils, impaired coordination.

INTOXICATION EFFECTS: slow or stopped breathing, loss of consciousness.

WITHDRAWAL ISSUES: Within 4-6 hours of last use; Anxiety, muscle cramps, insomnia, goose bumps, dilated pupils, diarrhea, sweaty nose, vomiting, yawning, tears, agitation

BENZODIAZEPINES: (Versed, Halcion, Restoril, Xanax, Valium, Ativan, Klonopin), barbiturates (Seconal, phenobarbital, Fiorinal)

STREET NAMES: Xannies, Bars, tranks, candy, downers,

PSYCHOLOGICAL EFFECTS: reduced anxiety, feelings of well-being, lower inhibitions sedation

BEHAVIORAL EFFECTS: slurred speech, poor concentration, nodding off.

INTOXICATION EFFECTS: slowed or stopped breathing, loss of consciousness, suicidal thoughts.

WITHDRAWAL ISSUES: Within 12-24 hours of last use: dizziness, insomnia, seizures, anxiety.

BARBITUATES: Seconal, phenobarbital, Fiorinal

STREET NAMES: barbs, red, phennies, yellow jackets, barbies

PSYCHOLOGICAL EFFECTS: reduced anxiety, feelings of well-being, lower inhibitions, sedation, and euphoria.

BEHAVIORAL EFFECTS: slurred speech, poor concentration, nodding off.

INTOXICATION EFFECTS: slowed or stopped breathing, loss of consciousness, suicidal thoughts.

WITHDRAWAL ISSUES: Within 12-24 hours after last use; trembling, muscle twitches, anxiety, dizziness, hallucinations, vomiting, delirium, seizures

SLEEPING PILLS: Ambien, Sonata, Lunesta

STREET NAMES: Amb'zzm Amee'sm Abee'ss, Z Drugs, sleepezzy

PSYCHOLOGICAL EFFECTS: Sedation, memory impairment, hallucinations.

BEHAVIORAL EFFECTS: Amnesia, drowsiness

INTOXICATION EFFECTS: "Sleep-wake" behavior, impaired coordination

WITHDRAWAL EFFECTS: Dysphoria and insomnia

COLD MEDICINES: Dextromethorphan (Coricidin HBP Cough and Cold, Dimetapp DM, Deslym

STREET NAMES: Skittles, Red Hots, Robo-tripping, Orange Crush, Syrup

PSYCHOLOGICAL EFFECTS: Euphoria, vivid imagination, closed eye hallucinations.

BEHAVIORAL EFFECTS: Dilated pupils, sweating, drowsiness, confusion.

INTOXICATION EFFECTS: Itching, vomiting, confusion, slurred speech, slowed or stopped breathing, paranoia

WITHDRAWAL ISSUES: Rare physical addiction; psychological distress.

STIMULANTS: methylphenidate (Ritalin, Concerta), dextroamphetamine and amphetamine Adderall), modafinil (Provigil)

STREET NAMES: Beans, bennies, dexies, speed, Vitamil R, Skippy, the smart drug

PSYCHOLOGICAL EFFECTS: Feeling of exhilaration, increased energy and concentration.

BEHAVIORAL EFFECTS: Tremor, irritability, loss of coordination, anxiety

INTOXICATION EFFECTS: Delirium, panic, hallucinations, aggressiveness, seizures, Heart abnormalities.

WITHDRAWAL ISSUES: Within 24-48 hours after last dose; confusion, headaches, drowsiness, nausea, depression, irritability, dizziness, insomnia, sweating or strange sensations on the skin.

CANNABIS: (MARIJUANA AND HASHISH)

STREET NAMES: Blunt, dope, grass, herb, Mary Jane, pot, reefer, weed, boom, hash, hemp.

PSYCHOLOGICAL EFFECTS: euphoria, relaxation, distorted sensory perceptions.

BEHAVIORAL EFFECTS: impaired balance, increased appetite, anxiety

INTOXICATION EFFECTS: psychosis.

WITHDRAWAL ISSUES: Within 2-10 days after last use, anxiety, weight loss, change in appetite, muscle pains, headache, chills.