

Top 10 Things You Should Know About... **ADDICTIONS**

- 1.** One in three people suffer from some sort of addiction.
- 2.** If you're doing something that continually affects your life in a negative way, you may want to look at whether you have an addiction.
- 3.** There are great programs in your community that can help.
- 4.** Virtually no one can overcome an addiction on his or her own. Get the assistance you need and deserve!
- 5.** The reason for addictive behaviour is often to mask difficult feelings.
- 6.** You will be more successful at dealing with an addiction if you spend time with people who support your desire to change.
- 7.** Changing habits takes time, so be prepared for the process to be slower than you'd like.
- 8.** Start replacing old behaviours with new, healthier ones.
- 9.** Give yourself credit for every step you take and acknowledge all your successes, big or small!
- 10.** Take action today.

Admitting that you may have an addiction is a big step. Talk to your Case Coordinator about what workshops or community resources are available to support you in dealing with your addiction issues.

