



Using LDS Internet Resources to Understand and Deal with **ADDICTION**

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Source

**...Perilous times
shall come. For men
shall be ... lovers of
pleasures more than
lovers of God.**

2 Timothy 3:2,3



Elder Richard G. Scott

**“Serious
sin is
addictive.”**

**“The Path to Peace and
Joy” *Ensign* 11/00 pg.27**

First stage of Addiction:

But if it be not built upon my gospel, and is built upon the works of men, or upon the works of the devil, verily I say unto you they will have...

3 Nephi 27:11

JOY

in their works...

3 Nephi 27:11

Pleasure/high



First stage of addiction diagram



Elder Boyd K. Packer

Conference Report. 1969

“...Then many of them turn elsewhere, seeking to escape the futility in life. They turn to drugs and find for a moment the escape they seek. At last their spirits soar. They reach beyond themselves, erase all limitations and taste for a moment, as they suppose, that which they have been seeking...”

**Alcohol and other
drugs are effective
and dependable!
They change the
way you feel!**

So what is the big deal about using small amounts of alcohol, tobacco, or other drugs?



Elder Steven L. Richards

April Conference 1949

Every commandment of God is spiritual in nature... the Word of Wisdom is spiritual. It is true that it enjoins the use of deleterious substances and makes provisions for the health of the body. But, the largest measure of good derived from its observance is increased faith and the development of more spiritual power and wisdom. Likewise, the most regrettable and damaging effects of its infractions are spiritual, also. Injury to the body may be comparatively trivial to the damage to the soul in the destruction of faith and the retardation of spiritual growth.



Pres. Ezra Taft Benson

Conference Reports, Sunday
Morning- April 1983

“...I have always felt, however, that the greater blessing of obedience to the Word of Wisdom and all other commandments is spiritual... My young brothers and sisters, in all love, we give you warning that Satan and his emissaries will strive to entice you to use harmful substances because they well know if you partake, your spiritual powers will be inhibited and you will be in their evil power.”

**IF YOU DO NOT
UNDERSTAND THE WORD OF
WISDOM - SPIRITUALLY,
THEN YOU WILL LIKELY HAVE
A PROBLEM IN LIVING AND
TEACHING IT!**

In D&C 89 we read about three promises related to the Word of Wisdom.

All saints who remember to keep and do these saying, walking in obedience to the commandments...

1.) Shall receive health in their navel and marrow in their bones ... shall run and not be weary, and shall walk and not faint. (D&C 89:18,20)

2.) Shall find wisdom and great treasures of knowledge even hidden treasures. (D&C 89:19)

3.) I... give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. (D&C 89:21)

The addiction cycle relates primarily to the 3rd promise.

**How important is
the spirit in
understanding the
stages of addiction?**

**THE MOST SIGNIFICANT
CONSEQUENCE OF FIRST USE OF
ALCOHOL OR OTHER DRUGS IS THAT
A SEED OF DISOBEDIENCE IS
PLANTED! ONLY ON RARE
OCCASIONS ARE SERIOUS HEALTH
PROBLEMS EXPERIENCED DURING
THE “FIRST SEASON.”**

Second stage of Addiction:

*... for a season and by
and by the end cometh,*

3 Nephi 27:11

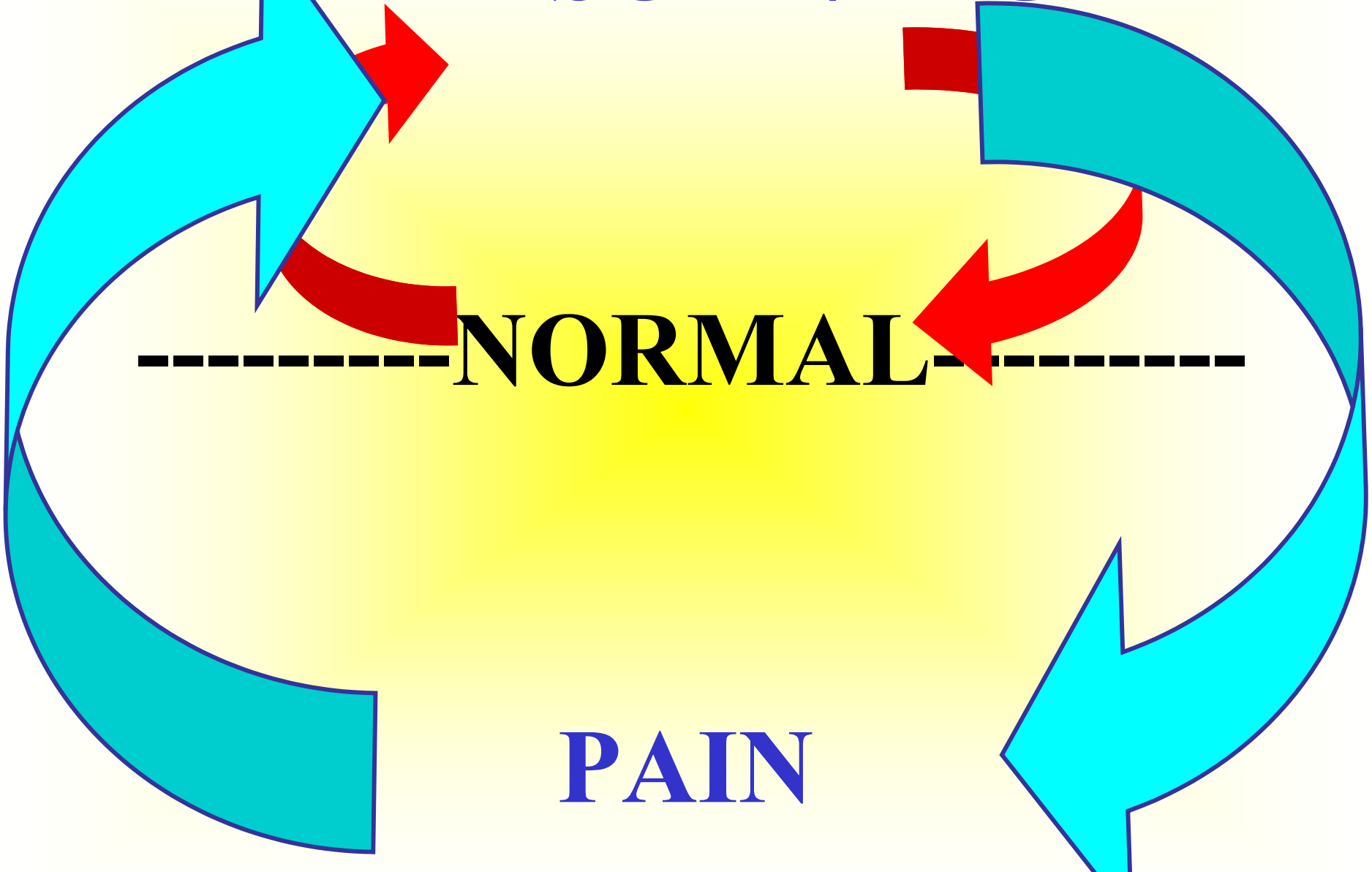


Pres. Gordon B. Hinckley

“Four B's for Boys,” *Ensign*,
November 1981, pp. 40-41.

Be smart. Do not be so shortsighted as to indulge in the use of alcohol, tobacco, and drugs. It simply is not smart to do so. It is stupid, if you will pardon that harsh word, to use cocaine, marijuana, or any of the other drugs that rob you of control of your mind. After every drug-induced “high,” there is a reactionary “low.”

PLEASURE/HIGH



PAIN

Second stage of addiction diagram

Not everyone proceeds into the second season of alcohol or other drug addiction and experiences “pain”. However, for those that do the following two behaviors typically occur:

TOLERANCE:

They seek more of the alcohol or other drug.

DISHONESTY:

Their moral standards erode.

Pain begins to occur ...

- *Feelings of inadequacy*
- *Guilt*
- *Low self-esteem*
- *Rejection*
- *Family problems*
- *School problems*
- *Legal problems*

The user learns to cope with “pain” by using alcohol or other drugs because these substances are “effective and dependable”.

Third stage of Addiction:

... and they are hewn down and cast into the fire, from whence there is no return.

3 Nephi 27:11

Pres. Gordon B. Hinckley

"Four B's for Boys," *Ensign*,
November 1981, pp. 40-41.



Beer and other forms of alcohol will do you no good. Their use will be expensive, will dull your conscience, and could lead to the disease called alcoholism, which is humiliating, dangerous, and even deadly. Tobacco will shorten your life. Studies show that it will enslave you....

The pleasure and high experienced in the first and second seasons of addiction weaken and eventually disappear.

PLEASURE/HIGH



Third stage of addiction diagram

"...But it is a synthetic, a wicked counterfeit, for they return to a depression worse than the one they left. Then they become players in the saddest of human tragedies. For as they turn again to this release they are not seeking what they sought before, but indulge to escape the consequences of each previous adventure with drugs. This is addiction! This is slavery!"



Elder Boyd K. Packer

Conference Report. 1969

During the last stage of addiction freedom is lost and a “Second Death” can occur.

... Shake yourselves that ye may awake from the slumber of death; and loose yourselves from the chains of hell that ye may not become angels to the devil, to be cast into that lake of fire and brimstone which is the **second death. **Jacob 3:11****

This is the stage of addiction that is typically referred to as the “disease” stage.



President Gordon B. Hinckley

A Plague on the World- *New Era*. July 1990

You cannot afford to tamper with [drugs] in the least. Certainly you must be grateful for your bodies and your minds, the very substance of your mortal lives. Certainly you must know that health is the most precious of assets. Certainly you recognize that, for the years that lie ahead, you will need health of body and clarity of mind if you are to live productively and with the respect of your associates. You would not knowingly break an arm or a leg just for the fun of it. Broken bones will mend and will function again in a normal way. But a mind warped by drugs or a body weakened or distorted by these evil things will not be easily repaired. The drug-induced destruction of self-worth and self-confidence is almost impossible to restore.



Recovery from the "disease"

of addiction is primarily a "spiritual" process!