

关于上瘾的基础知识—答案要点

Addiction Basics—answer key for notesheet

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1. Teen Challenge history on dealing with addictions

青年挑战与“上瘾”打交道的历史

- a. Drug treatment 50 years ago when TC started—not much hope for a cure
50年前当TC创办时，药物治疗—没有治愈的希望
- b. Faith-based solution not widely accepted by treatment professionals
以信心为基石的治愈方法并不广泛地被治疗专家接受。

2. Definition of addiction

上瘾的定义

- a. Chemical dependency (addiction) is the process of increasingly turning to chemical use to meet life's needs. --Jeffrey VanVonderan
化学品依赖（上瘾）是指越来越多地使用化学品来满足生命的需求。--Jeffrey VanVonderan
Other addictions:
其他形式的上瘾:

- b. "I will not be mastered by anything." 1 Corinthians 6:12
“我不受任何事的辖制。”哥林多前书 6: 12

3. Life-controlling problems, not just drug addiction causes damage

生命控制问题，不仅仅是毒瘾造成破坏

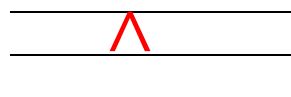
- a. False beliefs/delusion/denial
错觉/受骗/拒绝
- b. Parallel addictions
类似成瘾
- c. Symptoms vs root problems
现象 vs 根源
- d. Deep damage from abuse and neglect
深层的破坏来自滥用和忽视

4. 4 stages of addiction

上瘾的四个阶段

a. Experimentation

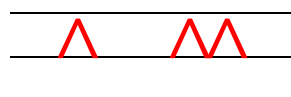
初试阶段



High 兴奋
Normal 正常
Low 痛苦

b. Social Use

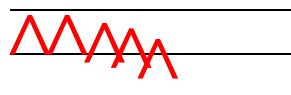
社交性使用



High 兴奋
Normal 正常
Low 痛苦

c. Harmful Abuse (Daily Preoccupation)

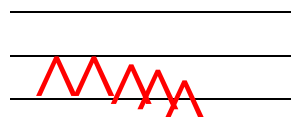
滥用毒品（每日的当务之急）



High 兴奋
Normal 正常
Low 痛苦

d. Uses to feel normal

为了感觉正常而使用



High 兴奋
Normal 正常
Low 痛苦

5. Addiction is death on the installment plan

上瘾就是分期付款式的死亡

--letter from teen in school, "Drugs help me."

--- 一个在校青年的信，“毒品帮助我”

6. What is the process of real change?

真正改变的过程式怎样的？

addict >> ex-addict >> non-addict

上瘾 >> 曾经上瘾 >> 没瘾

Real change involves transformation of your whole life, not just to get off drugs.

真正的改变是整个生命的改变，而不仅仅是脱离毒品。

7. What are the keys to overcoming addiction?

战胜瘾的关键是什么呢？

- a. Relationship with Jesus
与耶稣的关系

- b. Renewing your mind
更新思想

- c. “Put off” old way of living and “put on” new way of living
“脱掉” 旧的生活，“穿上” 新的生活方式

- d. Come back to Jeff VanVonderan’s definition of addiction

God dependency is the process of increasingly turning to God to meet life’s needs.

回到 Jeff VanVonderan 的极好的治愈成瘾办法，
依靠神是指越来越转向神来满足生命的需求。

8. Questions for discussion

问题讨论