

# Seven C's of Defeating a Drug Addiction

## #1: Conceptualize what a drug addiction is

It is very important when dealing with a drug addiction to understand just what that is. A drug addiction is when an individual becomes dependant on any substance that impairs their normal ability. If you experience an emotional, mental and/or physical set back in anyway when you are without that substance for a reasonable length of time, there is a considerable chance that you are addicted.

## #2: Confess that there is a struggle

Denial is a key barrier in defeating a drug addiction. Many times individuals will say I am not addicted, but their consistent reuniting with that substance cancels out what they are saying. However, when you confess that there is a struggle, a signal of hope is sent to your mind, body and others around you.

## #3: Consider your surroundings

It is virtually impossible to defeat a drug addiction when you place yourself in surroundings that make drug use easily accessible and readily available. An individual must avoid environments and people that create comfort zones for drug use.

## #4: Convince yourself of the power inside of you

Individuals become victims of unsuccess because they fail to embrace the power inside of them. Individuals should know that the effort inside of them they used to start the drug addiction is surpassed ten times by the power inside of them to defeat it. If that person realize that they have this internal power, a rise is inevitable.

## #5: Carry out daily mental training

The mind is like a muscle, the more you exercise it the stronger it becomes. With that being said, there is value in going through daily mental meditations that reflect on the new person that is drug free and has successfully defeated their past addiction.

## #6: Consistently verbalize your freedom

This is when an individual gets a pass to talk to themselves about themselves. This is called engaging in verbal affirmation. On a consistent basis get in front of a mirror and tell yourself that you are not the victim of that addiction, and that you have full control of your drug free destiny.

## #7: Create healthy alternatives

An individual will be more likely to continue enjoying their drug free life after successfully defeating an addiction if they channel energy into healthy alternatives. Don't just sit around, because that will give your mind permission to regress. Find safe and fun things to do that will occupy your time and promote the new you.