

## Addiction and the Addict

Every person who is addicted to something that has been proven to have a negative effect on the physical or mental state of the addict is a weak person. People may be addicted to cigarette smoking, to taking drugs, to excessive drinking, or to other things that waste their time and money and divert their attention from doing the right things to doing bad ones instead; things that harm their chances of having good, healthy and productive lives. Though all addicts know or ought to know that what they are addicted to is bad and harmful and could invite trouble, they are usually unable to say, "No" to the habit.

The harm of addiction does not stop at hurting the body and mind of the addict; it almost always extends its negative consequences to his or her social status undermining his relationship with people he loves most and cares for. As the addict chooses to indulge in his habit, he ignores his friends and family members who love him and need him most.

Addiction denies every addicted person the opportunity to be a good, caring husband or friend because he does not have the time to be such a caring person; it also prevents him from becoming a compassionate father, a kind mother, a committed worker, a team player, or even a rational person who rejects bad habits and embraces good ones.

An addict is a sick person suffering from a mental problem that makes his judgment doubtful, his character flawed his behavior unacceptable in a sane environment, and thus his friendship and companionship is more of a liability than an asset. Although an addict needs help, and knows that he does need help, he seldom appreciates help offered by even the closest people to him. No matter what an addict says and how he lives his life and what he does, he lives, first and foremost, for his habit, not for the people he claims to love and others he knows they love him.

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