 Substance abuse 

Many first try drugs out of curiosity, to have a good time, because friends are doing it, or in an effort to improve athletic performance or ease another problem, such as stress, anxiety, or depression. Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more to do with the **consequences** of drug use.

If your drug use is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem.

**Why do some drug users become addicted, while others don’t?**

As with many other conditions and diseases, vulnerability to addiction differs from person to person. Your genes, mental health, family and social environment all play a role in addiction. Risk factors that increase your vulnerability include:

* Family history of addiction
* Abuse, neglect, or other traumatic experiences in childhood
* Mental disorders such as depression and anxiety
* Early use of drugs
* Method of administration—smoking or injecting a drug may increase its addictive potential

**How is Starts**

* **If the drug fulfills a valuable need,** you may find yourself increasingly relying on it. For example, you may take drugs to calm you if you feel anxious or stressed, energize you if you feel depressed, or make you more confident in social situations if you normally feel shy.
* **you use drugs to fill a void in your life**

**Common signs and symptoms of drug addiction**

* **You’ve built up a drug tolerance.** You need to use more of the drug to experience the same effects you used to attain with smaller amounts.
* **You take drugs to avoid or relieve withdrawal symptoms.** If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
* **You’ve lost control over your drug use.** You often do drugs or use more than you planned, even though you told yourself you wouldn’t. You may want to stop using, but you feel powerless.
* **Your life revolves around drug use.** You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug’s effects.
* **You’ve abandoned activities you used to enjoy,** such as hobbies, sports, and socializing, because of your drug use.
* **You continue to use drugs, despite knowing it’s hurting you.** It’s causing major problems in your life—blackouts, infections, mood swings, depression, paranoia—but you use anyway.

**Source:** http://www.helpguide.org/mental/drug\_substance\_abuse\_addiction\_signs\_effects\_treatment.htm

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