

# **Anxiety and Addiction Worksheet**

## **Anxiety:**

The common term of insight involves the feeling of continuous worry in situations where the outcome is unknown and there is a chance of being judged by the people(job interview, stage speaking, exams). Anxiety is an umbrella term that involved different disorders. the main symptom of anxiety is the persistent fear of everything. They feel the loss of control over the environment that is causing distress and they feel unable to prevent it.

## **Anxiety and Addiction**

Substance abuse is very common these days. Individuals suffering from anxiety use addiction to counter their anxiety symptoms. substance abuse provides a temporary cure to the anxiety symptoms but in the long run, they might feel swear withdrawal symptoms when trying to stop using substance abuse. substance abuse and anxiety are correlated as they both affect the individual in the same way.

**Self-management of symptoms:** Individuals with anxiety might turn to substance abuse to manage the symptoms of anxiety disorder. Alcohol or Other Drugs provide temporary calmness to the physical and psychological symptoms of the disorder.

**Biochemical factor:** Both anxiety and substance abuse Might be caused by the chemical imbalance in the brain. A low level of serotonin is linked with both substance abuse and mental illness.

## **Treatment of Anxiety and Addiction**

Psychotherapy is the most effective treatment for a person suffering from anxiety and addiction. It helps an individual to look at how his negative thoughts are affecting his behaviour. How the anxious thoughts are leading to the addiction and what are its consequences on the physical and mental health of the individual. it helps the individual to understand the following points

- Preparation for the denial or defensive behavior: Denial is a common process of addiction. Individuals going through the recovery phase might become hostile or defensive toward the recovery process. Psychotherapy will help the individual to understand the importance of recovery and how it's going to impact the symptom control of anxiety.
- Take a non-judgemental approach: Addiction and anxiety make an individual's social and personal life quite difficult. Psychotherapy will help the individual to be compassionate about himself and will help to focus on the positive consequences of the therapy.