**Cycle of Addiction**

1. A young person is feeling pain and discomfort because of family or school problems.
2. The individual is looking for ways to feel better, so he or she starts to take drugs.
3. At first, the drugs seem to work because they dull the pain the person is trying to escape from. So the person keeps taking the drug.
4. From this point, it often doesn't take long for the person to become addicted because he or she has developed a physical dependence—an addiction—to the substance. Now the person can think only about getting more of this drug just to function.
5. At this stage, a serious downward spiral begins. The person will sacrifice anything—family, friends, school, or work—for drugs. Changed by drugs both physically and mentally, the person is now an addict.

