

How Addiction-Related Guilt and Shame Affect You as an Individual

Description

It is often easier to become addicted to a substance like drugs or alcohol than you might think. Different people start using these substances for various reasons, but everyone who does has something in common. It is quite likely that they will begin to feel shame and guilt at some point.

Facilities like the [Choice House in Colorado](#) exist to help people who are struggling with alcohol or other substances. Getting to one and seeing what they can do for you becomes crucial if you realize that a substance has taken over your life and is having an adverse effect on you.

You should also be aware of what these addictions can do to you from a psychological standpoint. Let's talk about that in detail right now.

Guilt

Most people have the capacity to feel guilty if they understand that they are doing something wrong. Those who do not are typically either psychopaths or sociopaths. They are wired differently, but most individuals do not fall into either of those categories.

Assuming you're [someone who has the capacity to feel guilty](#), that will probably happen at some point during the addiction process. That's because you could be using the money you spend on drugs or alcohol on more productive things. For instance, if you're someone who has dependents, like children or other family members who are relying on you, you know that you could be spending the money on food and other necessities rather than on your selfishness.

Shame

Guilt and shame are closely related. If you reach a point where you're feeling guilty about your behavior, then feeling shame usually follows close behind that.

Shame is something that follows you for as long as you continue the objectionable activity. You can try to hide from it or tamp it down by drinking or using more drugs, but it will always be there at the back of your mind. It can get to the point where it feels like an itch you can't scratch.

How Can You Rid Yourself of These Feelings?

Most people want to rid themselves of feelings of guilt and shame, but how can they do it? Usually, they must figure out a way to break the cycle of behavior that is causing them to feel these ways.

For someone who's addicted to alcohol or drugs, that often involves either the person's family intervening or the individual making a decision on their own that they're going to make a change. That could involve seeking a treatment program. Such a person might find an inpatient or outpatient facility that works for them. [They might join AA](#) if they're an alcoholic or NA if they're struggling with drugs.

Some people can get themselves off of drugs or alcohol without formally becoming part of a program, but that's rare. You must have tremendous determination to do so.

If you feel guilt and shame because of your substance use, though, you must take action sooner or later. Otherwise, these feelings will persist.

Date Created
2024/04/18

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