

## CRACK COCAINE ADDICTION AND THE EFFECTS

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## Abstract

Crack cocaine addiction is one of the most horrifying experiences that any human could ever undertake let alone witness its effects words can't even express. Crack cocaine is mostly made of a combination of cocaine hydrochloride crystal with ammonia or baking soda smoking crack brings the drugs paper is smoke directly into the lungs where then it enters into the bloodstream. Smoking crack produce a faster much more intense than snorting or inhaling. Crack addicts or individual's perception of reality much different from regular marijuana users or alcohol consumers crack addicts perception of reality is altered altogether. Crack cocaine can cause serious damage to the loans by constricting blood vessels and preventing oxygen from circulating to various parts of the body. Crack users suffer from a chronic cough, dramatic weight loss, and cracked lips smoking hot glass crack pipe. The crack cocaine addiction affects everyone who is indirectly or directly involved with the user. Crack cocaine addiction is similar to a roller coaster ride in that the things that this addiction renders an individual hopeless and helpless on the crack addict does almost anything imaginable to keep his next high. In addition to the usual risks associated with crack cocaine smoking uses or calling at the call here in Memphis experience severe respiratory problems causing shortness of breath long damage bleeding. The continued daily use of crack cocaine causes sleep deprivation loss of appetite malnutrition smoking crack also can cause some very aggressive and paranoid behavior cost the derivative cocaine causes severe paranoid. Auditory and tactile hallucinations scratching seeing things feeling all things crawling on I've seen crack heads take off all their close swear up and down that is something on them. As crack cocaine in a fruit with the way the brain processes chemicals one needs more and more the drug just to feel the feeling from the first time they thought they felt in the beginning those who become addicted to crack those images in all areas of life.

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## Overview

The state of falling in love in the state of feeling high on drugs the concept of as addiction appears with many aspects of popular culture selected excerpts of the song a new way to fly performed by Garth Brooks demonstrate healthy level of insight of how this can play out in love relationships. Some people will addicted to crack marry their crack pipes they make insinuation of being in love with the pipe itself and the feeling the drug yields. Like birds on the high line they line up at night time at the bar they all once were love birds now bluebirds all that they are they landed in heal the minute they feel from the sky and now they hold in the wine that they'll find a way to fly ball crashed and burned but they can leave it behind they could just find a new way to fly by the end of the night the of be as high as a kite once again. Cooked on a feeling written by Mark James and performed by BJ Thomas I'm hooked on a feeling I'll believe that you with me... Sweet as candy the taste stays on my mind during keep me thirst for another couple what I get it bad for you girl that I don't need a clear idea stay addicted and hope I can endure. The old song cocaine and growing up in this pop-culture is many references are made to crack cocaine of cocaine in general the affects the common nostalgic if you will some type of cynical look at making it okay. In 1986 a very talented basketball player died by an overdose of cocaine he was taken by the Boston Celtics as the overall number two pick in the national basketball Association draft all president Ronald Reagan signed antidrug abuse act in 1985. 1/3 of Americans said they had tried marijuana at some point in their lives I say all that to say that the trend began right around this time when crack cocaine was introduced. The ready rock the taking of cocaine put it in a tool with some water adding baking soda and crack was born it's effects could talk all week on one as I said is a roller coaster ride that I wouldn't wish on my

worst enemy. In recovery it is important to learn how to identify the ways our addiction still arises from within us and attempts to sabotage our personal growth. Addiction is about a lot more than just drugs and alcohol. The nature of our addiction centers in our minds, our feelings, and our behavior. Even after putting down the drugs and alcohol the activeness of our addiction still occurs throughout our recovery. Many people are fooled into believing that everything is ok just because they simply put down the bag or the bottle. Overlooking the presence of their addiction in their recovery often leads many individuals to still live unmanageably in areas of their lives and/or even to relapse. Addiction wakes with the individual daily and must not be ignored if any real chance of recovery is to be expected. We cannot afford to pretend in recovery for ignoring the nature of our addiction will deplete us from the freedom we can have. Another important thing to never forget throughout our recovery is that “feeling good” was one of the primary goals of our using. Our active addictions taught us that “feeling good” is not always necessarily good for us. We also must learn that just because we think something is bad or because something feels bad it doesn’t necessarily mean that it is. Real recovery involves having the awareness to identify things about ourselves which need attention and then having the courage to confront it. We cannot afford to live in denial in our recovery or we risk preventing ourselves from truly obtaining freedom from our self- imprisonment. Recovery is a reality, but so is the work it requires. This assignment will focus on three areas in which are addictions continue to prey on

This drug does not discriminate white African-American Indian Alaskan native American Asian Hispanic or Latino crack cocaine yields in his spiritual cancer that has to be dealt with spiritual weapons in Jesus name is pray right now for the addict that doesn’t know the areas of health and social conflict information all types of programs that can help mediate this hopeless life spiritual Death. This paper is probably going to be one of my most effective literary works.

Being experienced or knowledgeable about a certain topic or subject makes writing easy at the same time this is an emotional yet very real topic for me personally. Crack cocaine addiction and the effects of this hellacious drug are unimaginable to the normal person in society. Another way our addiction continues to attack us is through our beliefs about ourselves, as well as our abilities. Years we have allowed self -defeating beliefs to dictate the direction of our lives. Stepping back and examining the limits we have imposed on ourselves is rather startling. Low self -worth and non-existent self -esteem are a part of individuals plagued with addiction. Many addicts were programmed or conditioned to fail during the earlier years of their lives. Some of our ideas of helplessness or inadequacy were not necessarily created by us, but we must accept the responsibility for allowing them to continue to exist within our minds. “I can’t”, “I never will”, “I won’t” are just a few examples of self -defeating beliefs which our addiction will continue to whisper into our ears throughout our ongoing recovery. At the root of all these limiting beliefs is nothing more than fear. Fear of what we are and fear of who we are not. Uncertainty throughout our recovery weighs heavily on the minds of many recovering addicts and we can become just as obsessive over other things (opportunities, relationships, stability, etc.) as we were over alcohol and drugs. Peace and progress will continue to escape us until we begin to confront the self -limiting thoughts and fears which deny us from fully participating in our lives.

### **Recovery Plan**

The recovery plan for the cocaine crack addict has to be intense has to be thorough this plan of recovery must really hit the mark. In creating a plan of prevention it is important to understand the process of relapse. Rarely do recovering addicts/alcoholics set out to use again after they break free from the grip their addiction has had on their lives. Recovery is about taking

actions along the journey of progression. Often times the relapse process begins with minor distractions which begin to influence the recovering addict's decisions and actions.

Unintentionally, they begin to neglect their program by decreasing their participation and involvement in doing the very things that allowed them to develop some freedom in the first place. Old thinking habits and unhealthy behaviors begin to resurface, if they have even ever left, and sure enough certain areas of our life begin to become unmanageable again. Often these distractions can actually be some of the rewards of our recovery. Employment, family/relationships, materialism, etc. become the very things that begin to consume our energy and effort resulting in our priorities becoming displaced. Relapse can only occur if significant progress has occurred so it is important to identify and address any potential distractions which could be hindering your personal growth. Pretending there are no current potential distractions in your recovery is simply labeled as denial. Even throughout long term recovery, there are always potential distractions waiting to serve as our alibi of relapse. Although we may never intentionally become distracted – we can only intentionally avoid it!

**Logistics.** During individual counseling sessions family sessions with the target population adult male in a residential facility the 12 step model of recovery is one of the most effective to date. Inpatient crack cocaine abuse treatment is one the best option for recovery particular for those with a history of chronic abuse of those who have been unsuccessful in outpatient inpatient cocaine treatment semiskilled the opportunity to use remove oneself from people placing and things. In dealing with the individual family anyone closely related to the healthy dynamic must be involved in some form shape or fashion. This process and plan of recovery must include the spiritual life on one of the 12 step recovery book speaks of the spiritual life not being a theory that it has to believe in order to become free of this disease.

### **Treatment Plan.**

The patient will develop a program of recovery congruent with a Sober/clean lifestyle. (The patient is learning something different.) The patient will learn to cope with stress in an adaptive manner. The patient will develop and use positive self-talk. (Now the patient learns something different that is incompatible with the old behavior.) : The patient will develop a positive self-image. (The patient learns something new and more adaptive.)

An objective is a specific skill that the patient must acquire to achieve a goal. The objective is what you really set out to accomplish in treatment. It is a concrete behavior that you can see, hear, smell, taste, or feel. An objective must be stated so clearly that almost anyone would know when he or she saw it. Goals usually are abstract statements that you cannot actually see happen. You cannot see someone learn or see his or her self-esteem.

### **Issues in Treatment...**

As I talked about earlier crack is one of the most difficult drugs to kick is also one of the most difficult drugs to treat. There are several dilemmas and setbacks that addict has to face detox this is a particularly difficult time will control withdrawal from crack cocaine usually starts at a detox center on after residential treatment begins such issues is economic status all family issues from consequences of decisions made. Ambivalence and the addict not wanting to stop on some of the main issue is faced in treatment but unseen and kind of stealth issues if you will are going to be the psychological issues the gorilla/monkey on the back as it is referred to I believe that this is probably the most difficult. For the crack addict recovering it is a hell of a climb back up and out of the crack hole so many things come into play once a person tries to keep this beast. Based on observation and experience the several different variations equations that come into play because

each addict is just as different as each individual person the factors and dynamic endless.

Comorbidity and that ethical issues part must be addressed specifically.



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