

Some Reasons People Start Using Mood Altering Substance

Peer Pressure

To be “Cool”

To loosen up or be less inhibited at parties

To get the “high”

To deal with boredom

To feel accepted by the crowd and less isolated from others who are using

Experimentation to see what it is like

To celebrate an achievement or reward self

To relax or take the edge off

To escape from pain or any kind of problem, including depression

To make worrisome thoughts or anxiety go away temporarily

To mellow our angry moods

Grew up in a home where using was the “norm” and fun was associated with use of substances

Addiction exists or existed in the family with one or more adults or siblings