



iQuestions Faculty, Dr. David Eckman

Question:

How is alcoholism and drug addiction different?

Answer:

Alcoholism and drug addiction are very similar. One may be injected, the other may be ingested, but either way, they work through the same chemical process and they end up with the same result.

That being the case, the strategy to dealing with them is the same: opening up our lives to relationships, opening up our lives to deal with the pain that may be there, addressing the lies and the fantasy world that comes with both addictive behaviors, and then restructuring the life.

How do you restructure the life? Get yourself into relationships, get yourself into an accountability group, a recovery group, AA, some chemical dependency group—but get yourself into such a situation that your life begins to get restructured.

But it is the restructuring of the heart that's the critical issue. Remember, unaddressed pain has to be addressed. Relationships have to be embraced, and the lies that come with alcoholism and drug addiction need to be effaced from the heart.