The Story I Lived to Tell

Cortney Lovell
“We have this idea that if we are just cruel enough and mean enough and tough enough to people with addiction, that they will suddenly wake up and stop, and that is not the case.”

- Maia Szalavitz
Comparing Concepts

Amygdala = Fear / Anxiety

Hippocampus = Memory

Addiction Hardwiring / “Hijacker” = Learning/Process Disorder
“Drugs alone do not ‘hijack the brain.’ Instead, what matters is what people learn—both before and after trying them.”

Szalavitz, Maia. Unbroken Brain: A Revolutionary New Understanding of Addiction. Picador USA, 2017
"There are three critical elements to it; the behavior has a **psychological** purpose; the **specific learning pathways** involved make it become nearly automatic and compulsive; and it **doesn’t stop** when it is no longer adaptive."

Szalavitz, Maia. Unbroken Brain: A Revolutionary New Way of Understanding Addiction. Picador USA, 2017
Only about 1 in 10 people with a substance use disorder receive any type of specialty treatment.

“... despite harmful consequences.”
just one outstretched hand
can spark self-love
“To convey a valued person from where he or she was, to where he or she wanted to go.”

Evered & Selman, 1989, p. 16
“Individuals who received recovery support services improved from their initial levels of substance use and also improved in comparison to those who did not receive such services.”
