

Unveiling the Illusion: Understanding Cross-Addiction and the Quest for Control

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Embarking on the journey of addiction recovery entails a crucial initial step - interrupting the relentless momentum of addiction by abstaining from the destructive substance. However, this endeavor is often impeded not only by a lack of abstinence skills but also by limited awareness of the profound impact that drug use has had on their lives over time. A rudimentary understanding of addiction and its essential elements for recovery is frequently missing. Consequently, many individuals engage in a "trial and error" process, desperately attempting to regain control over their substance use while making minimal changes to their overall lifestyle to evade negative consequences.

People commonly believe they can regain control over drug use before completely quitting. They may convince themselves that shifting their choice of substances will solve their problems. For instance, someone ensnared by the perils of OxyContin might reminisce about a time when their lives seemed more manageable while "only" indulging in alcohol. Spouses of those with substance use disorders often reinforce this train of thought. When they threaten to leave over recurring incidents of DUIs, ceaseless arguments, blackout episodes, broken promises, and other negative behaviors, their substance-using loved one views the negative consequences as "the problem" rather than the substance use that causes the adverse effects.

In such cases, the individual might be motivated to quit drinking yet argue that their cannabis consumption has not contributed to the negative consequences. Remarkably, even the spouse may adopt this belief. However, switching to a different drug is rarely a panacea for the identified problems. When someone with substance use disorder endeavors to

regain control by substituting one drug for another, they might unwittingly be chasing an elusive "illusion of control."

The notion that switching drugs will magically restore control is undeniably alluring to those who cannot fathom a life free from mind-altering substances. Nonetheless, this pursuit of control through drug-switching fails to yield lasting effects. Perceived improvements or semblances of control are illusory and temporary, as individuals seldom reestablish actual control. Consequently, reducing the adverse consequences and substance abuse problems is merely a temporary facade.

Cognitive distortions and defense mechanisms, frequently observed in individuals with addictive behavior, can intensify their inclination toward developing cross-addictions to other substances. Those with substance use disorder initially seek evidence supporting the belief that complete abstinence is unnecessary. When they observe slight decreases in hostility, depression, or minor behavioral changes, they give significant credence to these signs of "improvement." Conversely, evidence that contradicts this optimistic narrative, suggesting that the problems and consequences persist, tends to be downplayed or dismissed. Irrespective of the new drug an addict may switch to, the insidious disease of addiction continues to progress unabated, with its inevitable consequences in tow. The choice of substance becomes inconsequential in the grand scheme of addiction's relentless march. Before long, and typically in a short span, the cycle of addiction swiftly tightens its grip once again. Thus, substituting one drug for another does not free an individual from addiction's clutches. The deceptive "illusion of control" is all that remains when individuals believe they have regained control through the adoption of a different drug.

While the descriptions thus far apply to most individuals in recovery, some also grapple with serious mental illnesses that necessitate medically supervised medications, which can alter mood and mind.

In conclusion, the allure of regaining control over one's life by switching drugs is a captivating illusion that many individuals battling addiction find themselves chasing. However, the truth remains steadfast: substituting one substance for another fails to address the underlying issues and does

little to impede the relentless progression of addiction. To achieve lasting healing and transformation, individuals must confront their fears, embrace abstinence, and seek the guidance and support of professionals. This journey empowers them to overcome addiction and embark on the path of proper recovery. Only then can the illusion of control be shattered, making way for a brighter, drug-free future.

Understanding Cross Addiction
To Prevent Relapse

Unlock the power of knowledge to overcome addiction and prevent relapse with 'Understanding Cross-Addiction to Prevent Relapse.' This comprehensive guide navigates the complexities of addiction, empowering you to reclaim your life and embrace lasting sobriety. Discover the nature of addiction, cross-addiction, and effective relapse prevention strategies. Order your copy now and take the first step towards a fulfilling, addiction-free future! [PDF FILE FORMAT \\$9.95](#)



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