

ARE YOU ADDICTED ??

Emily, Dominika, Kelsey, Amber and Janne



WHAT KIND OF ADDICTIONS

- ❖ Facebook, twitter
- ❖ Instagram
- ❖ Netflix
- ❖ Games
- ❖ A person
- ❖ Online shopping
- ❖ Drugs
- ❖ alcohol
- ❖ ...



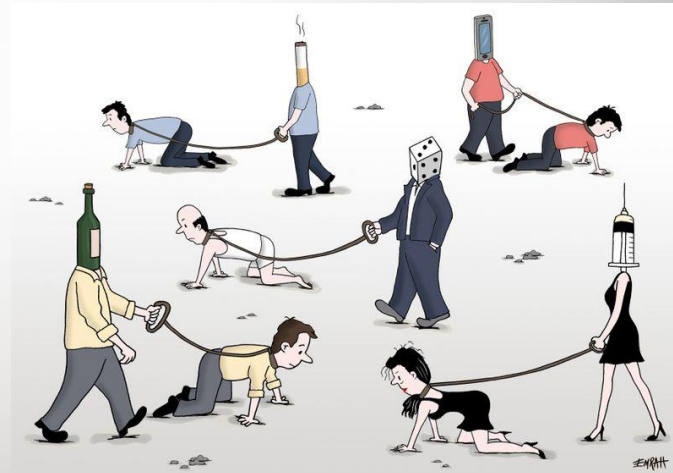
SYMPTOMS

- ❖ Anger
- ❖ Tension
- ❖ Depression
- ❖ Irritated
- ❖ Restlessness



WHEN ARE YOU ADDICTED

- ❖ You often think about your addiction
- ❖ It's hard to stop once you've started
- ❖ You lie to cover up your addiction
- ❖ You continue the use in spite of the obvious negative consequences.

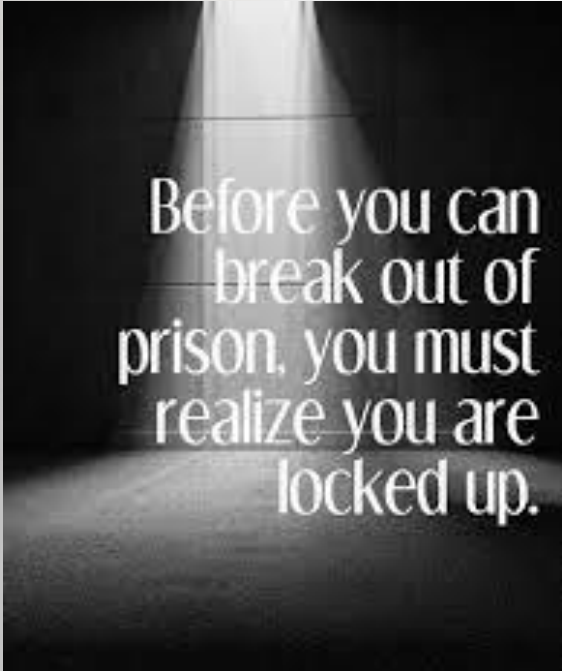


AN EXAMPLE

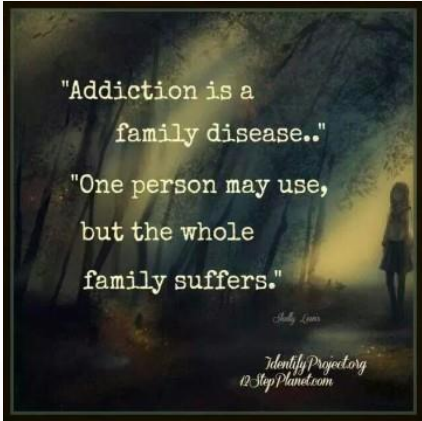
<https://www.youtube.com/watch?v=MGXSPf9b-xI>



QUOTES



Before you can
break out of
prison, you must
realize you are
locked up.



"Addiction is a
family disease.."

"One person may use,
but the whole
family suffers."

Shelly Lewis
IdentifyProject.org
StopPlanets.com

You may have to fight
a battle more than
once to win it.

Margaret Thatcher

QuoteAddicts

THANK YOU FOR YOUR ATTENTION

DON'T BE
ashamed of
your story
IT WILL
INSPIRE OTHERS

