

Simplified Neurochemistry of Addiction

Michael Dye, *The Genesis Process*

The Mystery of Addiction

Step 1 (AA)

We admitted we were powerless over our addiction - that our lives had become unmanageable.

Romans 7

What I do, **I do not understand.**

For I do not what I want, but I do what I hate.

The willing in me is readily at hand, but doing the good is not. For I do not do the good I want, but I do the evil I do not want.

Now if I do what I do not want, **it is no longer I who do it**, but sin that dwells in me.

Paul had some of the strongest human attributes to overcome sin:

willpower
intelligence
discipline
good intentions
faith

Sobriety

to abstain from an addictive behavior
in order to begin the process of recovery

Addiction

to continue to do a self-destructive behavior
in spite of the consequences

Recovery

to return to a former healthy state; who you were
before you were hurt by yourself and others

The process of Recovery / Healing is identifying your **fears** (heart wounds) and moving towards **resolving** them with **accountability** and **support**.

*Change begins by **asking the right questions***

What's Broken?

Why are we the only creatures in the observable universe that will continue to do a self-destructive behavior **in spite of the consequences?**

We will continue to overeat, overwork, over-drink and drug, over-stress and over-sex ourselves, even to the point of death, and not stop.

Even a mouse is smarter than that...

What's Broken?

The easier we have it
and the more affluent we are...

the more self-destructive we are.

Addiction: Sin or Disease?

James 1:13-15

Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone.

Addiction: Sin or Disease?

James 1:13-15

But each one is tempted when he is carried away **(bad choices)** and enticed by his own lust.

Then when lust has conceived,
it gives birth to sin **(bad actions)**;

and when sin is accomplished,
it brings forth death **(disease)**.

Addiction: Sin or Disease?

Addiction is the result of sin:

*a diseased brain that creates
strong false cravings for
non-survival behaviors and substances*

Addicts can choose to quit,
but they can't choose not to be addicted.

The Pre-Relapse Brain

As arousal/stress goes up, our ability to see and solve problems and consider consequences goes down.

Love / Desire (Lust) / Passion

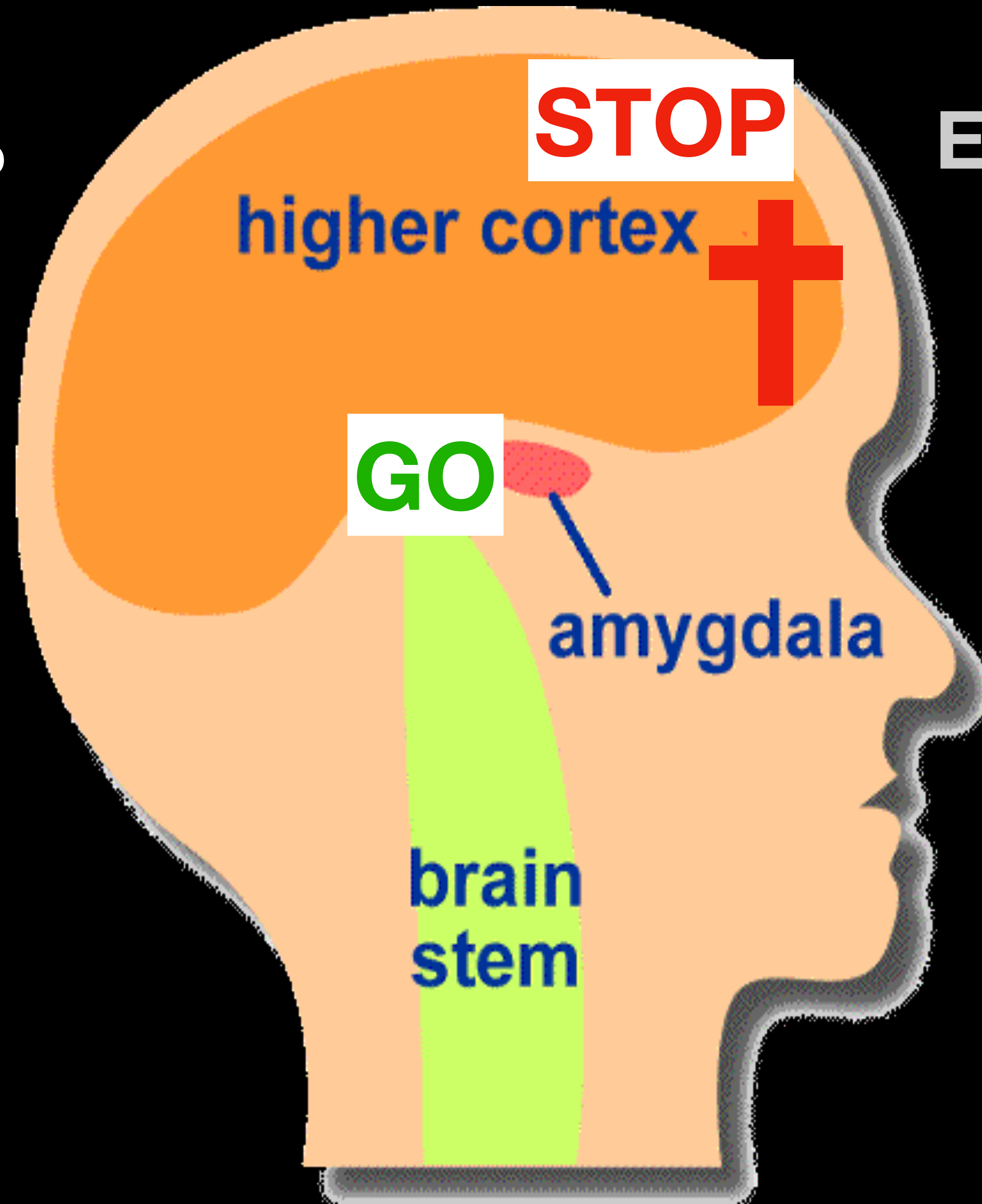
Anger / Frustration

Fear / Anxiety / Stress

Sadness / Depression / Despair / Hatred / Loneliness

Cravings of all kinds

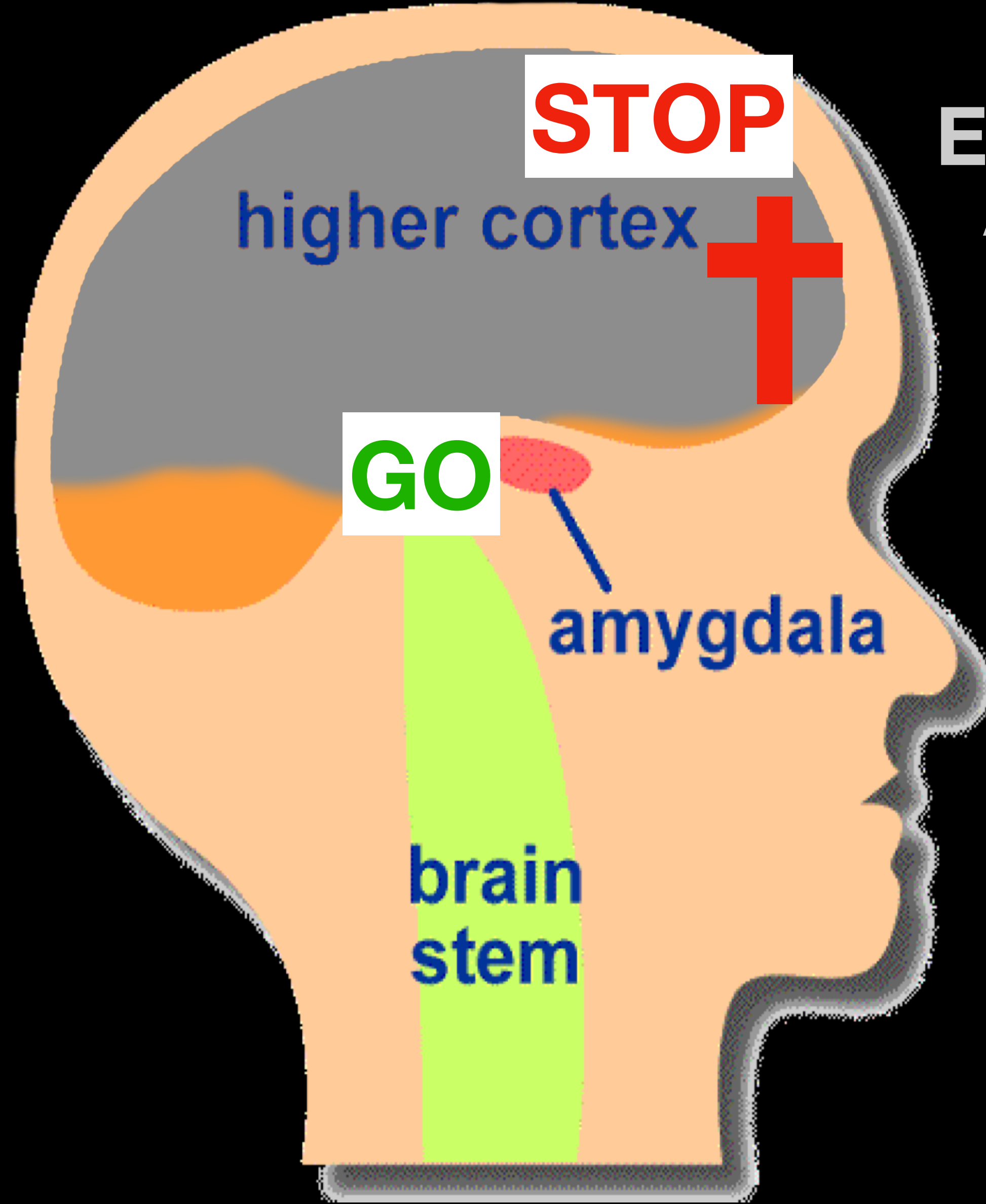
GOD =
the power to stop



**Emotional
Arousal**

10%

GOD =
the power to stop



**Emotional
Arousal**



It's all about the **heart**.

The heart is the center of our
BELIEFS and **EMOTIONS**.

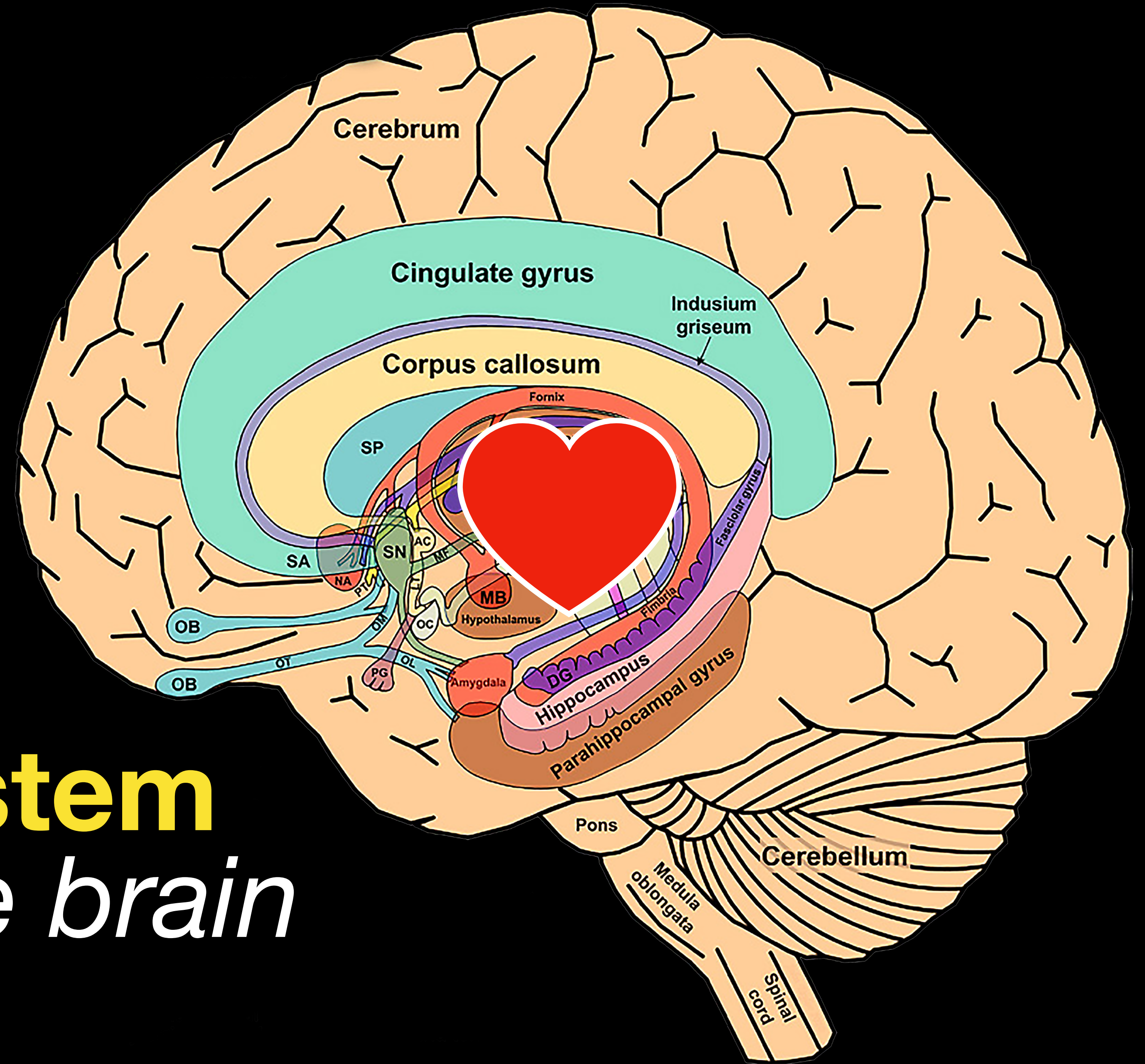
Romans 9

But what does it say? **“The Word is near you, in your mouth, and in your heart”** — that is, the word of faith which we are preaching, that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved;

...for with the heart a person believes, resulting in righteousness (**right behavior**), and with the mouth he confesses, resulting in salvation.

For the Scripture says,
“Whoever believes in Him will not be disappointed.”

If you want to
change your **behaviors**
you have to
change your **HEART.**



The Limbic System

*The **heart** of the brain*

The limbic system controls:

Experiential memory
emotion
reaction to new
experiences

attention
pleasure
reward
arousal

experiences
unconscious
learning
dreaming

expression of emotional, motivational, sexual, and social behavior including the **formation of loving attachments.**

The limbic system also controls the cravings for pleasure-inducing drugs, food, sex, gambling and other real or imagined survival needs.

Its main responses are:
ANGER, FEAR, NUMBNESS.

The Heart/Limbic System doesn't have a
sense of time.

*The mind replays what
the heart cannot delete*