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# THE NEWSLETTER



## Inpsychful



Ms. Harpreet K. Rakhra  
HOD

Mr. Pareksh Walia  
Faculty Incharge

Mr. Raunaq Chawla  
Faculty Incharge

Ms. Sagarika Mathur  
Faculty incharge

*Dear readers,*

With the new year we give a new face to the newsletter and diving into this edition you will find various lenses through which we see addictions not just as substance abuse but also various other compulsive habits that may or may not be unhealthy addictions.

*happy reading!*

Department of psychology JIMS sec 3

# THE 4 C'S OF ADDICTION



To separate addiction from other neurological disorders, experts say that four factors must be present. The behaviors of most addicts are very similar. The 4C's of addiction apply to any type of addiction but not limited to drugs, alcohol, gambling, video games, sex and caffeine.

## 1. *COMPULSION:*

It means that an individual has an absolute and overpowering urge to fuel their addiction. The behavior may start impulsively, but as the addiction grows, it becomes a compulsive habit.

## 2. *CRAVING :*

The urge to fuel the addiction becomes as demanding as hunger pain, mimicking a physical need. It feels like it is vital for survival. This urge often manifests as restlessness, insomnia and lack of appetite.

## 3. *CONSEQUENCES :*

Even when negative consequences become apparent, the behavior continues. Consequences of addiction include relationship, work, legal and money problems.

## 4. *CONTROL :*

Control of when or how the individual fuels their addiction is lost. Often times, in the early stages of addiction, an individual will try to cut down or eliminate the behavior. This is the impossible when the lack of control stage of addiction is reached.

The psychologist use many therapies to treat addiction it has many benefits that help people to overcome their addiction. There is one of them:

## DIALECTICAL BEHAVIOUR THERAPY

### FOR ADDICTION

It is a type of cognitive behavioral therapy it was developed to treat the people who were suffering from severe suicidal ideation. It is designed to help people overcome self- destructive behaviors like addiction by teaching them how to live in the moment(mindfulness), Find healthy ways of coping with stress, regulate their emotion, and improve their relationships with others. DBT therapists may utilize individual therapy, group therapy and treatment interventions between sessions to clients achieve positive, lasting results. It also addresses harmful behaviors that are barriers to recovery and that decrease quality of life.

It helps the client develop functional behaviors and apply them in everyday life.

## DOPAMINE DETOX

During a dopamine detox, a person avoids dopamine triggers for a set period of time — anywhere from an hour to several days. The dopamine detox requires a person to avoid any kind of arousal, specifically from pleasure triggers. Anything that stimulates dopamine production is off-limits throughout the detox. A more accurate description of the dopamine detox is a period of abstinence, or “unplugging” from the world.

PAYAL MAHESHWARI

# ALCOHOLICS ANONYMOUS



To break the most common taboo, AA is NOT a cult but an international fellowship that helps alcoholics on their road to sobriety from their deviated path of life through twelve structurally guided traditions, people helping other people. "Rarely have we seen a person fail, who has thoroughly followed our path." That's just 13 words that most people, about 90-95%, blow off and roll their eyes at but in reality they rarely let an individual fail. Every member of this organization has achieved the first step towards sobriety that is acceptance further helping them to religiously follow its course of action. It's not the programs fault for the failures, it's the alcoholics fault for the failure. A person who cannot string together a few days or weeks of sobriety, is not finished drinking yet. You can't do much for anybody that does not want help, as it's a self-disciplined program. There are meetings for every type of person, smoking, LGBT, agnostic, women only, etc. This is so the person seeking help will be in an environment absent of judgment for whatever you might normally find outside the doors.

ALCOHOLICS ANONYMOUS NATIONAL  
HELPLINE NUMBER

9022771011 / 022-65055134

## 12 Steps to Sobriety



1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

# OVERCOME AN ADDICTION

1. Admitting is the hardest part of recovery. Admitting to a friend or family can be the first step in acknowledging your addiction. A therapist, doctor, or a rehab facility can also be contacted.
2. Replacing the time you spent on ADDICTION for a better habit can help recover faster. Any activity that can engage the brain and create a distraction. (Sports, Gardening, Drawing )
3. Learning to ease your tension and relaxing in any situation will help you not to rely on anything, some common ways to lessen stress are:
  - Listening to music
  - Writing about the stressor
  - Yoga
  - Taking a small walk
4. Have a well- Balanced life. People often turn to substance abuse when they lack that excitement or something is not working out in their daily life.
5. Avoid peers who regularly pressure you to use substance. It's often said "we become most like those we surround ourselves by,".
6. Engaging in some form of exercise is often one of the best things when you are trying to stop addictions. In addition to being a great distraction, exercise can help in:
  - Restoring healthy brain functioning
  - Minimize cravings
  - Reduce stress and tension
  - Enhance self esteem
7. Mindfulness and Meditation can help you through difficult thought and emotions at any stage of your addiction as well as your deaddiction process. Science has proven that they help relax the mind and have a positive effect on your physical body.



# ROMANTICIZING RELATIONSHIPS



When you hear the word 'addiction', what are the first five things which come to your mind? When asked this question, many people list things such as social media, alcohol, drugs, etc. What all these things have in common is that they are very common in the present time and are often talked about, but that's not all to addictions. I think people who have been in a relationship for years get addicted to being with someone and get afraid to be on their own. Behaviors of people addicted to relationships can be described as always talking about getting into a relationship, feeling as if they are not sufficient because they are single, and feeling envious of seeing other people together.

Helen E. Fisher et al., (2016) conducted a case study on this topic which describes romantic love as a natural addiction. People in love frequently experience euphoria, cravings, dependency, withdrawal, and other behaviors associated with addiction. According to the researchers, this happens because the dopamine reward system in your brain is activated by romantic love, just as it's activated by substances and addictive behaviors. However, the authors make the distinction that romantic love isn't characterized as a behavioral or chemical addiction. It is frequently less talked about because I think people often consider it as a part of love and don't get out of the relationship and choose to stay even if it gets abusive or lethal for them. In my opinion, I've personally met multiple people who wish to get into a relationship but don't feel any sort of affection towards someone, which repeatedly makes me consider why people desire to get involved in a relationship when they don't even know each other properly. Many people who struggle with compulsive relationship behaviors need others to build up their self-worth. If you find it hard to love yourself or make yourself happy, you might search for someone to fulfill that need.

Self-love is tied to self-esteem, and a lack of either can contribute to relationship dependency and addiction-like behaviors.

Self-love is not selfish; you cannot truly love another until you know how to love yourself.

How can you differentiate between love and addiction?

You need to search for aid when you start to depend entirely on your partner.

Believe your life lacks meaning without a relationship.

Feel unable to leave a toxic relationship.

Can't stop calling or texting a love interest or past partner who's asked you not to contact them.

Have thoughts of hurting yourself or someone else.

"We accept the love we think we deserve" it's a quote from one of my favorite movies which is used to explain how we allow our better half to treat us in a reflection of the treatment we deserve. I would like to conclude by saying that yearning to be in a relationship is normal but do make sure to not lose your sense of individuality in doing so.

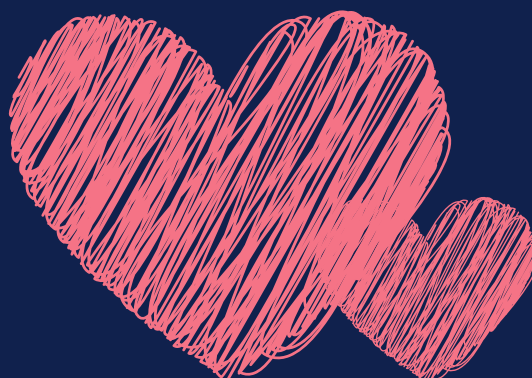
Now, give it a thought....

What does a romantic relationship mean to you?

Did you ever get addicted to someone and feel trapped?

When do you think someone should get into relationships?

MADHAV GAKHAR



# TEEN SELF ASSESSMENT TEST

1. Have you ever felt the need to cut down on your alcohol or drug use?
2. Have you ever had a complete loss of memory (said or done things that you cannot remember) while under the influence of alcohol or drugs?
3. Do close relatives or friends ever worry or complain about your alcohol or drug use?
4. Have you ever been unable to stop drinking or using drugs when you wanted to?
5. Has your alcohol or drug use ever created problems between you and your parents, siblings, or friends?
6. Do you ever drink or use drugs in the morning?
7. Have you ever been told by a doctor, teacher, minister, or judge to stop drinking or using drugs?
8. Have you ever been arrested, even for a few hours, because of behavior while intoxicated on alcohol or drugs?
9. Do you have unexplained periods of depression, nervousness, or anxiety, or difficulty with sleep?
10. Have you used either alcohol or drugs in the last week?
11. Have you been evasive or have you lied about the amount of drugs or alcohol you use to your friends?
12. Does your mom, brother, sister, or anyone else in your close family have a problem with alcohol or other drugs?
13. Have you ever taken alcohol or drugs to school, or used alcohol or drugs at school?
14. Have you ever made a promise to yourself or others that you would not drink or use drugs at school?
15. Do you wonder if alcohol or drug use is making it difficult for you to do your best at school, sports, hobbies, a job, or extracurricular activities?

# TEEN SELF ASSESSMENT TEST



16. Do you hide your alcohol, joints , or pills so that you will have a supply when your source is not available?
17. Have you ever skipped school, or left school to use alcohol or drugs with friends or alone?
18. Have you ever been involved in a car accident, either as a passenger or driver, where alcohol or drugs were involved or have you been charged or investigated for driving while impaired?
19. Are you spending more time alone because of your alcohol and drugs?
20. Have alcohol or drugs affected your sexual activity or desire?
21. Have you noticed that you sometimes think of using alcohol or drugs at inappropriate times (that is daydream or obsess about using)?
22. When people talk to you about your alcohol or drug use, do you feel angry, guilty, or uncomfortable?
23. Have you ever neglected your obligations and responsibilities to school, work, friends, or your family because of drinking or using?
24. Have you ever been in the hospital, an emergency room, or sent to the doctor for an alcohol or drug problem?
25. Have you ever used alcohol or drugs when you were alone

IF YOU HAVE ANSWERED YES TO

Two of these questions.

Be aware that you are at high risk for the development of the disease of chemical dependency.

Three of these questions... You have a problem with substance abuse. See if you can stop using any mood altering drug for 90 days. If you have difficulty with this, you may already be chemically dependent.

Four or more of these questions... You already have many of the critical symptoms of chemical dependence. You or your parents should make an appointment for you to see a chemical dependency professional for a more in depth assessment and for counselling and treatment recommendations.

SUBSTANCE ABUSE  
AND ADDICTION  
HOTLINE NUMBER  
18442890879



# Students Corner



## PSYCHPHORIA

One of the greatest events held in JIMS, Psychphoria,

a dramatic competition played a crucial role in bringing out the best in the students.

They had an immense opportunity to showcase their talent by acting up as a medium between the spectators and an over-rated issue "Generation Gap".

Generation Gap, a self explanatory term i.e. differences in actions, beliefs and tastes of members of younger generations versus the older ones. When we bring this topic to the table, a debate is very likely to tag along. Even though, some people might believe that this issue has a presence between them and their peer group too, every person once in a lifetime feels generation gap amongst the older generations of their family. People often confuse "generation gap" with the term "misunderstanding" and it becomes a tough job to be able to acknowledge the difference between the two terms.

The participants turned out to be consummate as they brought out the transparency in various matters, from breaking simple stereotypes to a topic as complex as homosexuality. Belonging from a young generation, they not only presented their views but dished out the standpoint of the older generations as well.





# Students Corner



## FRESHERS 2K21

One fine day, we took off our school uniform and never wore it back again, to begin another beautiful journey of our lives – college. When we talk about college, the first thing that comes to our mind is the Freshers Party. The batch of 2021 was lucky enough to get this once in a lifetime experience. Our college & seniors left no stone unturned to make it the best. Four days before the fresher's party, the auditions for the title of Mr and Miss Freshers were announced. All of us were on cloud 9, excitedly discussing about our attire, hairstyle, our overall look for the event and how we would present ourselves in front of the judges. The event started with a huge opening, with well managed programs, a big stage with rounds of Photo sessions and selfies of us, well dressed. As everyone was beaming in an unparalleled aura and excitement was at peak, it didn't take much for us to settle in that ambience.

The selected boys and girls for Mr. and Miss freshers were given different tasks, who showcased their hidden talents which ranged from Stand-up comedy to singing performances and after much cheering we got our Mr. and Miss freshers. It was quite astonishing to realize that we have some gems studying in our batch. Delicious Lunch was served along with these. It ended with a grand DJ, where we danced like there was no tomorrow.

It was a really memorable day. We enjoyed to the fullest, got to know about each other, interacted with our lovely seniors and that's the best part.



# ADDICTIVE



We all at one point have been through some sort of addiction. It can be things, habits we don't want to stop or get rid of, and at times a certain someone in our life. We know that the person is not good for us and it's harming our mental peace and even us at times, we are getting hurt by that person again and again. But we still can't stop loving them despite all the things they have done to us that can also be an addiction. I don't deem loving someone despite all their flaws is addiction. But loving someone after being destroyed by them and still going back to them is an addiction to me. Although the exact nature of the relationship between love and addiction has been described in inconsistent terms throughout the literature, we offer a framework that distinguishes between a narrow view and a broad view of love addiction. The narrow view counts only the most extreme, harmful forms of love or love-related behaviors as being potentially addictive in nature. The broad view, by contrast, counts even basic social attachment as being on a spectrum of addictive motivations, underwritten by similar neurochemical processes as more conventional addictions. Love can be thrilling, but it can also be perilous. When our feelings are returned, we might feel euphoric. Other times, love's pull is so strong that we might follow it even to the point of hardship or personal ruin (Earp, Wudarczyk, Sandberg, and Savulescu 2013). Lovers can become distracted, unreliable, unreasonable, or even unfaithful. In the worst case, they can become deadly. In 2011, over 10% of murders in the United States were committed by the victim's lover (FBI 2011). When relationships come to an unwanted end, we feel pain, grief, and loss. We may even become depressed, or withdrawn from society. Numerous are the superficial similarities between addictive substance use and love- and sex-based interpersonal attachments, from exhilaration, ecstasy, and craving, to irregular physiological responses and obsessive patterns of thought, that a number of scientific theorists have begun to argue that both sorts of phenomena may rely upon similar or even identical psychological, chemical, and neuroanatomical substrates.

Some signs of being addicted to a person are the craving of a person, severe mood swings if unable to feel secure in the relationship, inability to function normally, the obsession with your partner, and severe withdrawal symptoms if your lover leaves you. We often say 'love' when what we really mean is an addiction—a sterile, ingrown dependency relationship, with another person serving as the object of our need for security. Perhaps, love is much more commonly an addiction than believed.

Although it can be unhealthy to fixate on another human being — particularly when the feeling isn't mutual — the human brain is wired to develop this kind of dependency. When you first fall in love, you can feel ecstatic like with initial nicotine or alcohol use. However, when the thrill of new love subsides, you could be left with a psychological dependence where you think you need the other person more than anything else. This is when you start seeing signs of being addicted to a person. We can get addicted to people just as we can to alcohol or food. It's a form of self-abandonment where you use another person to avoid responsibility for your feelings. You kind of lose your sense of self, which can mess with your mental health, career, and non-romantic relationships.

Write a column for positive things you get out of the relationship, and another column to list the negative things about the relationship. Dig deep into your life to establish whether connections are socially, mentally, emotionally, or professionally healthy.

Open, honest communication: Both people feel able to express their feelings and opinions without fear of being harmed or belittled for them. Both people use kind, caring language to express their feelings and do not use shaming or blaming language. Both people do not make excuses for their actions. Both people acknowledge the validity of the other's emotions.

Fairness and negotiation: Both people are willing to negotiate and compromise in order to find healthy solutions. Neither person always gives in or gives up. Both people attempt to see the situation from the other person's perspective. Neither person is "in it to win it" at the expense of the other.

Shared responsibility and power: Neither person makes all the decisions. If one person usually makes decisions, it is because both people are comfortable with this.

Respect: Both people feel valued for their unique selves. Both people express appreciation for the other. Even when angry or hurt, both people maintain respect and do not use hurtful or violent language or actions.

Trust and support: Both people are supportive of each other. They want the best for the other person. Both people feel like they can rely on the other. Both feel safe to share their emotions, desires, and needs without fear of being judged.

Intimacy: This may be physical affection. It can also be respecting the other person's boundaries or privacy. Truly intimate relationships do not attempt to control or monitor one person's behavior.

Personal integrity: Both people have a sense of self distinct from their relationship. Both have a sense of independence and maintain their own values, tastes, and beliefs. Both partners take responsibility for their words and actions.

# FYI *for your information*

## ADDICTION ISN'T JUST ABOUT SUBSTANCE ABUSE

While addiction to drugs and alcohol is widespread and well-known, there are many other addictions that fly under the radar. These addictions are known as process addictions. Process addictions occur when a person is dependent, not on a chemical, but on a compulsive behaviour like shopping, gaming, sex, gambling, or even over-eating.

## *Trichotillomania*

Also known as trich, is a behavioural addiction in which someone cannot resist the urge to pull out their hair. They may pull out the hair on their head or in other places, such as their eyebrows or eyelashes. Trich is more common in teenagers and young adults.

# Editorial Team

AARUSHI CHAUHAN (EDITOR, DESIGNER)

TITIKSHA BHATIA (LANGUAGE EDITOR)

PAYAL MAHESHWARI (WRITER)

DRISHTI BHOLA (WRITER)

LEVIN KUMAR (WRITER)

VEDIKA KAPOOR (WRITER)

JAHNVI KAMBOJ (WRITER)

MADHAV GAKHAR (WRITER)

KHUSHI JAIN (GAME)

KASHISH LONGIANY (GAME)