

Running head: Drug Addiction Lifestyles comparison to Recovering Lifestyles

Drug Addiction Lifestyles comparison to Recovering lifestyles a Study of Trina Trice

Name

School

## Drug Addiction Lifestyles comparison to Recovering lifestyles

### Abstract

Drug addiction lifestyles are the life styles led by drug addicted people. Although not many people acknowledge the fact that drug addiction is a habit it is quite clear that most drug addicts lead a lifestyle that is based on the full reliance of drugs as a source of physical, mental and emotional strength. This is because repetitive and compulsive use of the substance leads to addiction or a state whereby one cannot do without the drug or substance.

On the other hand recovering lifestyles are lifestyles that are led by individuals who are recovering from drug and substance abuse. In a greater sense the need for recovery is necessitated by the need for change by the particular individual in question. This is because it is quite evident that drug abusers do not lead a stable lifestyle and their lifestyles are characterized by factors such as broken homes and marriages, accidents, robbery and other social vices.

The main figure of concern in this topic is Tina trice aged 37 years. Having led a drug addiction lifestyle for many years and having experienced the adverse effects of drug addiction she really fits in this discussion. The advancement of this discussion is also necessitated by the fact that Tina Trice has also led a recovery lifestyle which is the main basis of comparison

Tina Trice addiction does not only lead her to drug addiction or substance abuse but leads her to social vices such a thievery which land her to jail after stealing purses together with two other men. In fact her life is so desolate and in a dire situation because she did not have the means even to cater for her basic needs and this is why the end result is stealing.

Her drug addiction is also characterized by homelessness and lack of a direction for life. In this regard Tina Trice had no place that she could call home or relatives she could refer as her kin as she is seen as a total wreck and a disgrace to her next of kin leave alone her immediate neighborhood. The mood in her life is that of violence and lack of emotional stability.

In her case of robbery it is quite evident that the main item in hand is purses and credit cards belonging to various people. This is in her quest to get money in order to quench her drug addiction in the best way possible. This ends up ruining the whole of her life and the reason for the prolonged stay at the state penitentiary.

Although the adverse part of the life of Trina rice is so evident and comes out so clearly, a distinctive comparison can be drawn on her change of life and personality through various means and ways. After serving her jail term she comes out as one resolved person ready for absolute change. She emerges as a new being ready to fade out her past wrong deeds with better deeds

The first step she takes is that of a recovery plan. This recovery plan is to help her out do her drug addiction. This is where her recovery lifestyle begins. Recovery lifestyles are not easy lives to lead for any person who has been in drug addiction. This is because the body and mind of that person is usually accustomed to that drug and it becomes very inevitable to do without it at any instance.

In this regard professional guidance is recommended. Tina trice opts for it and ends up joining a state facility by the name The Healing Place of Wake County which is a non-profit 501(c) (3) recovery and rehabilitation facility for homeless people with alcohol and drug dependency, located in Raleigh, NC. In this facility is where her life starts to take shape.

Recovery lifestyle demands total perseverance just as drug addiction demands perseverance to harmful effects of drug addiction. This is because rehabilitation programs are based on total withdrawal of habits one is accustomed to which in real sense is not easy at all especially for longtime drug addicts.

Recovery lifestyle is also based on the utmost ability to withstand great pressure from the counselors. This is in total comparison with drug addiction lifestyle as one is faced with pressure of acquiring these drugs. The main cause of this pressure is that the drugs are a necessity and they are not that cheap.

Trina Trice is also involved in a recovery plan of attempting to know God in the best way. By this she is introduced to the principles and the teachings of the Bible by the counselors. In total comparison in her drug addiction life is her attempt to learn how to acquire drugs which finally make her end up in jail. In her recovery plan Trina Trice learns skill in how to become sober responsible and self supportive citizen without reliance on theft of property.

The drug addiction lifestyle and recovery lifestyle are both not easy lives as per say as they are characterized by factors such as pressure and great perseverance as exhibited by the life of Trina Trice.

Evans, Katie; Sullivan, Michael J. (1 March 2001). *Dual Diagnosis: Counseling the Mentally Ill Substance Abuser* (2nd ed.). Guilford Press. pp. 75–76. ISBN 978-1572304468.

<http://books.google.co.uk/books?id=lvUzR0obihEC>.

Jaffe, J.H. (1975). Drug addiction and drug abuse. In L.S. Goodman & A. Gilman (Eds.) *The pharmacological basis of therapeutics* (5th ed.). New York: MacMillan. pp. 284–324.

Trina Trice retrieved Friday 31 April 2010 from <http://www.doc.state.nc.us/offenders>

Passage home rehabilitation centre retrieved Friday 31 April 2010

<http://www.passagehome.org/home.aspx>