

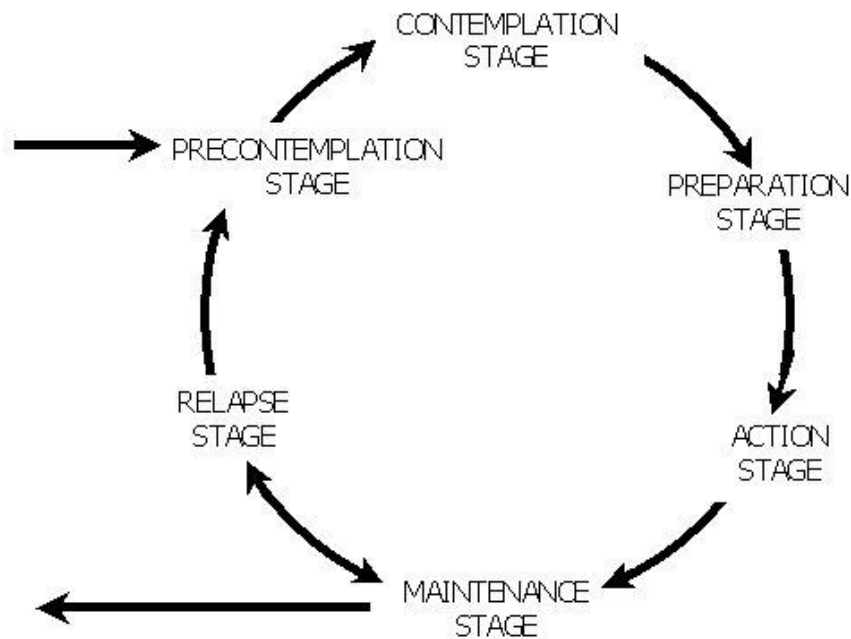
# Overcoming Addiction

## ad·dict·ed

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*adjective*

1. physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects.



### Keys to Overcoming:

- Make the decision to change
- Remove triggers as far as possible
- Make friends with people who do not participate in what you are seeking to overcome
- Seek support from friends and family
- Seek professional help especially when it comes to substance abuse