

Stages of Addiction

When it comes to tobacco, alcohol, and other drugs most people don't realize how addiction can happen. The four stages of addiction are listed below with four questions to describe the stages.

Experimentation: First time using a substance

Recreational Use: Using a substance every so often for fun

Frequent Use: Regular use of a substance

Abuse: Using a substance to deal with a good or a bad situation

Addiction: Dependent on the substance and using it in spite of harm to the body

Annie and Mike try cigarettes for the first time.

A. Experimentation B. Recreational Use C. Frequent Use D. Abuse E. Addiction

Mike got a new job and wants to celebrate, so he smokes a cigarette instead of rewarding himself with a healthy activity.

A. Experimentation B. Recreational Use C. Frequent Use D. Abuse E. Addiction

Annie only smokes when she is with her friends at the mall.

A. Experimentation B. Recreational Use C. Frequent Use D. Abuse E. Addiction

Annie has to have a cigarette as soon as she wakes up in the morning and right after work.

A. Experimentation B. Recreational Use C. Frequent Use D. Abuse E. Addiction

Mike is going to a party on a Friday night and decides to smoke a cigarette at the party.

A. Experimentation B. Recreational Use C. Frequent Use D. Abuse E. Addiction

Annie is frustrated that she failed her test, so she smokes a cigarette instead of talking with her teacher.

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