



Even before we're born, our brains are developing and adapting to their world. When you repeat anything over time, it changes the way your brain works.

If you use drugs or alcohol at a high enough dose, often enough and for long enough, you literally change the way the brain works. That means you change the way nerve cells talk to one another. Over time, you may develop a compulsion that leads you to act against your best interests

(like choosing drugs over other things you value).

Addiction is a disease that lives in the "old brain" in the nucleus accumbens, the amygdala, and the hippocampus. These regions of the brain are hotwired for survival. (This is why withdrawing often feel like life-or-death and why using drugs makes us feels pleasure.)

Brains are wired to repeat life-sustaining activities, which is why those activities (eating, sex,

etc) are pleasurable. Whenever this reward circuit is activated, the brain interprets that as an important event that needs to be remembered. Over time, our brains teach us to do the activity again and again, without even thinking about it.

There is nothing illogical about seeking pleasure and avoiding pain and many drugs supply both the stick (the withdrawal) and the carrot (the high), making them very difficult to resist once you've developed a disorder.

BECOMING UNSTUCK

We'd all like pleasure without pain, but if you have come to the point where your brain is telling you to do things against your best interest and you want to consider medication-assisted treatment:

Methadone

Long-lasting medication that lessens the symptoms of opiate withdrawal

Buprenorphine

Blocks other opioids while reducing withdrawal discomfort.

What's it do?

Where do I get it?

- **Habit Opco**
- 254 N Plainfield Rd ,West Lebanon
- PH: (603) 298-2146

- **Groups Recover Together**
- 5 Dunning Street, Claremont
- 31 Hannover Street, Lebanon
- PH: (800) 683 8313

- **Better Life Partners**
- 1 Pleasant Street, Claremont
- 44 South Main Street, Hanover
- 25 Green Street, Lebanon
- 20 Church Street, Newport
- PH: (603) 563-0837

