



A Choice Theory Approach to Drug and Alcohol Abuse

By Michael Rice LISAC



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Choice Theory takes a look at the abuser/addict's behavior and deals with the client's unhappiness as the cause of their use and reliance on a substance to deal with stress and unwanted emotions. Constant use ultimately leads to eventual dependence as a result of the body's adjustment to living with a drug that is continuously being introduced into the body and brain. Mike emphatically states: "A mental illness? NO! A character disorder? Not a chance! Substance abuse/dependence is no more than an individual's desire to satisfy an uncomfortable situation with a more comfortable state of mind, physically and mentally, and as a result, the body has become accustomed to it and has adjusted to it's prevalence in the body and brain." The Choice Theory approach deals with creating new or reconnecting relationships with the important people in one's life as well as learning new methods to deal with unhappiness instead of trying to satisfy it with short term pleasure from a drug.

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