

Psychoeducation on addiction worksheet

Definition of addiction
According to American
Psychological Association
(APA), "addiction is a state of
psychological or physical
dependence (or both) on the
use of alcohol or other drugs

According to DSM V a person is
considered addicted if

Not getting the
same effect of the
previous dose so
you have to
increase the
substance for that
same effect

Cannot stop taking the
drug because the
withdrawal symptoms
(e.g. irritability, mood
swings, hallucinations,
pain etc) are difficult to
manage and re-using the
substance relive those
symptoms

relationship

Work
responsibilities

Physical
health

Household
responsibilities

Types of severity

Mild

Moderate

Severe

Treatment options

One-on-one
therapy session
between the client
and the therapist

Group counseling
with the people
having similar
problems dealing
with the issue with
the help of a
facilitator

Medical
intervention for the
symptoms

If you have any queries regarding above mentioned guide, state below

Write below if you have any queries about your own symptoms or the treatment options.

References

[American Psychiatric Association. \(2022\). *Diagnostic and statistical manual of mental disorders* \(5th ed., text rev.\). https://doi.org/10.1176/appi.books.9780890425787](https://doi.org/10.1176/appi.books.9780890425787)

[American Psychological Association. \(n.d.\). *Apa Dictionary of Psychology*. American Psychological Association. Retrieved October 24, 2022, from https://dictionary.apa.org/](https://dictionary.apa.org/)

[Hayes, S. C., Wilson, K. G., Gifford, E. V., Bissett, R., Piasecki, M., Batten, S. V., Byrd, M., & Gregg, J. \(2004\). A preliminary trial of twelve-step facilitation and acceptance and commitment therapy with polysubstance-abusing methadone-maintained opiate addicts. *Behavior Therapy*, 35\(4\), 667–688. https://doi.org/10.1016/s0005-7894\(04\)80014-5](https://doi.org/10.1016/s0005-7894(04)80014-5)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.