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# Top Ten 2020 Skills Project

SKILL 2 – CRITICAL THINKING  
ADDICTIONS



2. Critical Thinking

Addiction is a family  
disease... One person may  
use, but the whole family  
suffers.

*Shelly Lessis*

THERE'S MORE TO LIFE  
THAN FRIENDS, DRUGS,  
ALCOHOL AND  
FIGHTING.

*Jeffery Spurgeon*



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

- **Aim** - to be aware of addictions and how they transform our lives
- **Objective 1.** – What is addiction? What kind of addictions there are?
- **Objective 2.** – What is critical thinking? How do addictions affect life?
- **Objective 3.-** What can self-directed critical thinking give you?
- **Content** - Definition of critical thinking and addiction , insight into bad habit recognition, addictive disorders, substance use disorders, behavioral addictions. Managing Your Addiction. Self-analysing and critical thinking examples, Addiction cycle...



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

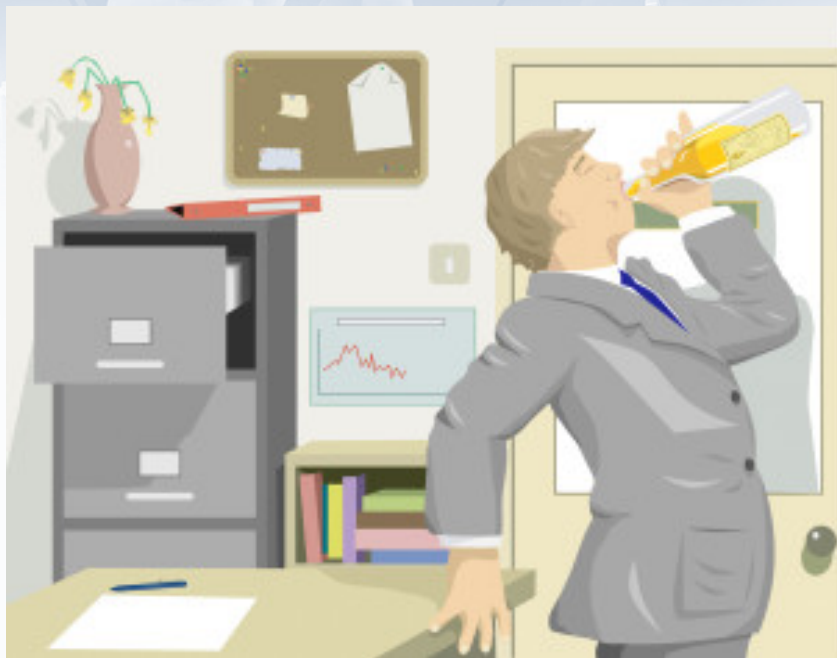


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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS



### What is addiction?

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

**..or it is...**

Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS



### Addiction is characterised by:

- **Inability** to consistently abstain;
- **Impairment in behavioral control**;
- **Craving**; or increased “hunger” for drugs or rewarding experiences;
- **Diminished recognition of significant problems** with one’s behaviors and interpersonal relationships; and
- **A dysfunctional emotional response.**

# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

What kind of addictions exist:

Substance  
Use  
Disorders

Addictive  
Disorder

“Behavioral  
Addictions”



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

What kind of addictions there are :

### Substance Use Disorders

- Alcohol
- Tobacco
- Opioids
- Sedative, hypnotic and/or anxiolytic substances
- Stimulants
- Prescription drugs
- Cocaine
- Cannabis
- Hallucinogens
- Inhalants
- Phencyclidine
- Other unspecified substances

### Addictive Disorder

- Gambling Disorder
- Internet Gaming Disorder

### “Behavioral Addictions”

- Food
- Sex-addiction
- Internet Addiction
- Work Addiction
- Exercise Addiction
- Compulsive buying/shopping or Shopping Addiction
- All Technological Addiction

# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

### How do addictions affect life?

There are many areas in your life that have been (or could be) affected by alcohol, tobacco, substance use, gambling, internet, phone, shopping, etc.:



- Legal
- Financial
- Family
- Relationships
- Recreation and Leisure
- School or Work
- Emotional and Mental Health
- Spiritual Health

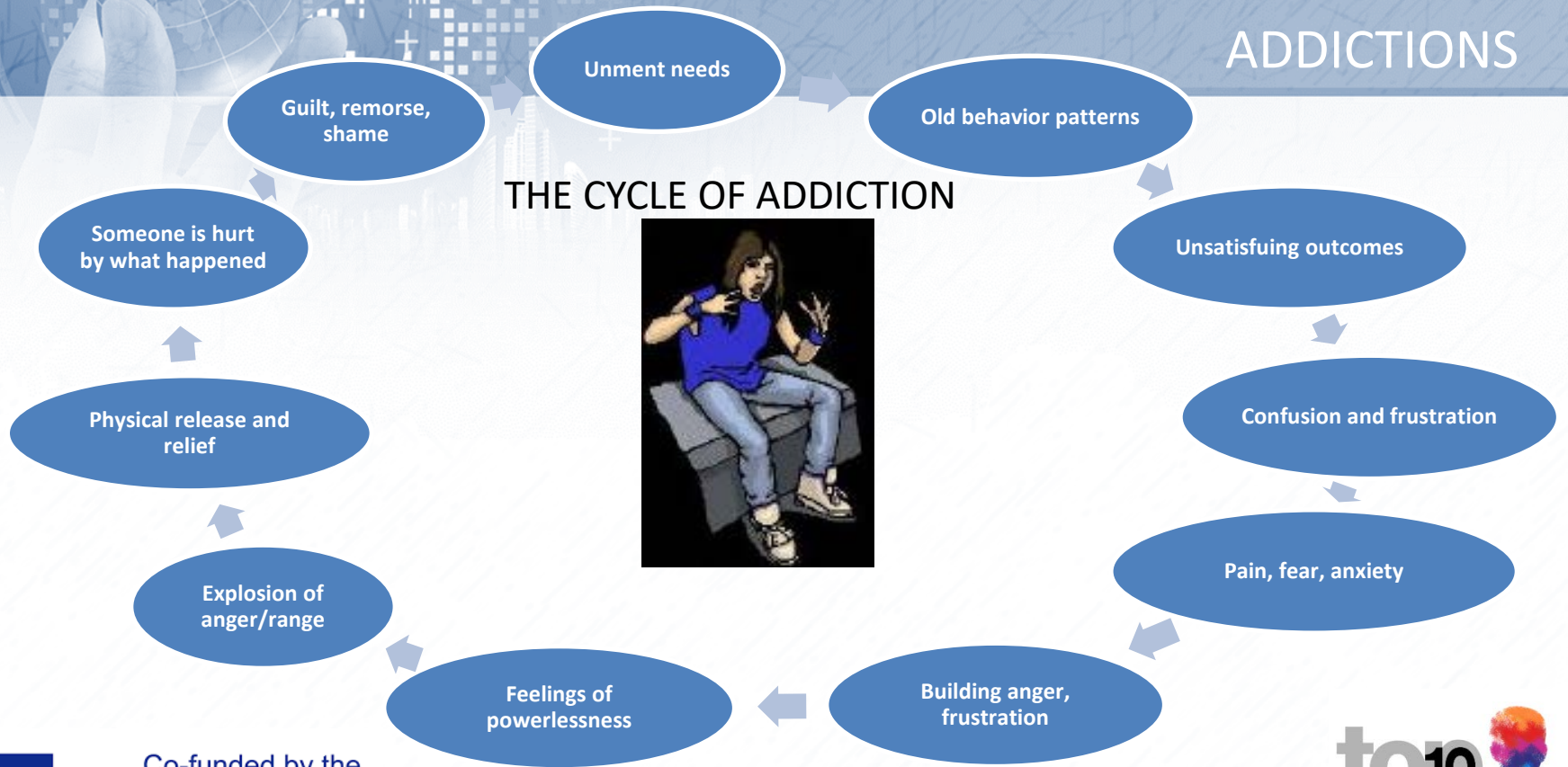


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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

### THE CYCLE OF ADDICTION



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

### Managing Your Addiction

- Identify your personal triggers
- Know what you are working with
- Identify problems, obstacles
- Analyse situation you are in
- Practice your trigger plan
- Take care of yourself
- Train new skills – train critical thinking



*Change  
your life!*



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

### Critical thinking about addictions that affect life

- People who abuse substances will usually have many beliefs and ideas that contribute to keep them trapped in their misery. An inability to let go of their former worldview can lead to difficulties building a happy life away from addiction.
- The ability to think clearly and logically is a definite asset for people who are recovering from an addiction.
- **Those** who can think critically not only make better decisions, but they also find the whole process of dealing with difficulties to be easier. It is possible for people to develop their critical thinking skills and this can help to strengthen their sobriety and get them free of addictions.



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

**NOW:**



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

**Think about yourself!**

**Are you addicted to something?**



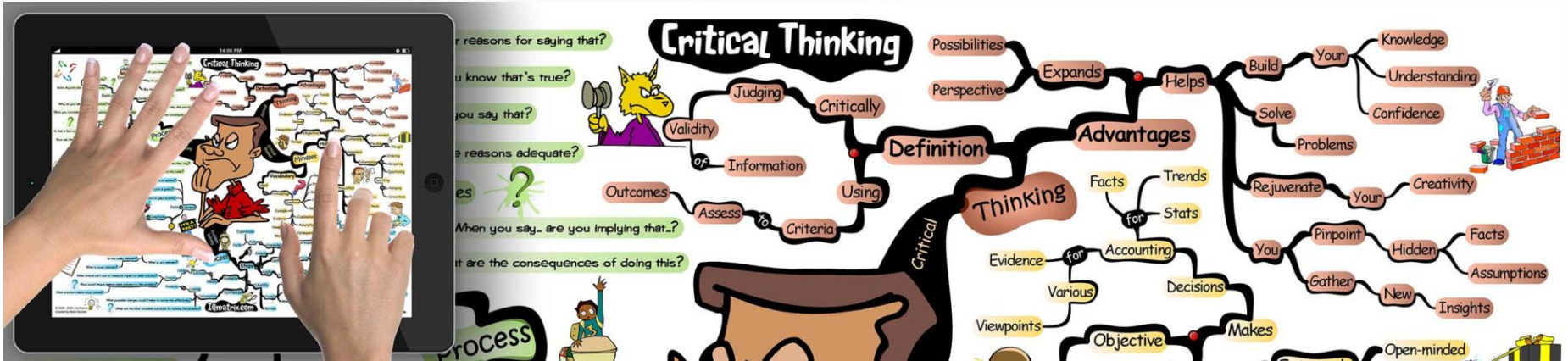
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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

Now we know that you used critical thinking to answer the last question.

Critical thinking. What is it?



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

- **Critical thinking is not criticism**
- Critical thinking is one of the most sought-after skills in almost every industry and every workplace. It refers to the ability to analyse information objectively and make a reasoned judgment.
- Critical thinking is a type of rational and open-minded mental process that is informed by evidence.
- Critical thinking is not emotional thinking.
- Critical thinking is the intellectual disciplined process of actively and skillfully conceptualising, applying, analysing, synthesising, and/or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, as a guide to belief and action.”



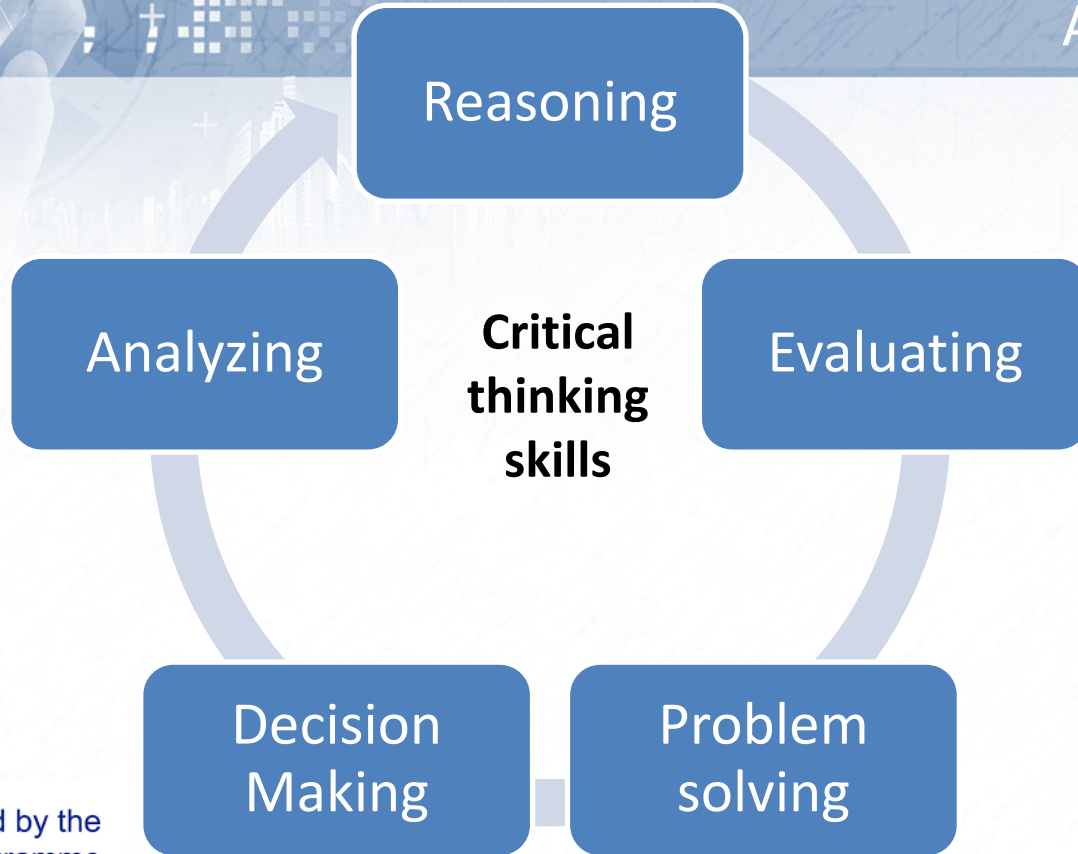
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-The Foundation for Critical Thinking



# SKILL 2 – CRITICAL THINKING

## ADDICTIONS



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

Identify inconsistencies and errors in reasoning.

**Someone with critical thinking skills can:**

Approach problems in a consistent and systematic way.

Understand the links between ideas.

Reflect on the justification of their own assumptions, beliefs and values.

Recognise, build and appraise arguments.

Determine the importance and relevance of arguments and ideas.



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

ARE YOU ADDICTED?



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

### How to train critical thinking?

- Try being more open-minded.
- Be willing to put beliefs and opinions to the test.
- Listen to opposing views without dismissing them out of hand.
- In order to find out the veracity of claims, it is usually necessary to do a bit of research.
- This way of thinking involves not jumping to conclusions. If people are more reflective and take time to weigh up the information they are given, they are more likely to have a much better understanding.



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS



- It is also vital that the critical thinker listens carefully. It is common for people to soak up misinformation because they are not really being listening to what is being said.
- Develop a profound sense of calm, detachment that keeps your mind clear.
- Be more ready to questions, statements and opinions.
- Give yourself time to consider things from several different angles.
- Become less susceptible to emotional influence in your thinking

Get better at distinguishing the logical and the illogical  
**Critical thinking skills are analytical skills.**



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# SKILL 2 – CRITICAL THINKING

## ADDICTIONS

### Extra materials

- <http://www.quotehd.com/quotes/jeffery-spurgeon-quote-theres-more-to-life-than-friends-drugs-alcohol-and>
- <https://oceanrecoverycentre.com/2017/03/20-of-the-absolute-best-addiction-recovery-quotes-of-all-time/>
- <http://dunlewey.net/what-is-substance-abuse/>
- <https://www.asam.org/resources/definition-of-addiction>
- <http://www.trivalleypsychotherapy.com/addictions.html>
- Forensic Mental Health, 2009, S.Gibbon
- Psychology of addiction, 1994, Mary McMurrin
- <http://journals.sagepub.com/doi/abs/10.1177/074171369204200302>
- <https://www.thebalancecareers.com/critical-thinking-definition-with-examples-2063745>
- <https://www.addictionnetwork.com/blog/the-benefits-of-critical-thinking-in-recovery/>
- <https://myhealth.alberta.ca/Alberta/Pages/How-does-addiction-affect-your-life.aspx>
- <https://collegeinfo geek.com/improve-critical-thinking-skills/>
- <https://blog.iqmatrix.com/critical-thinker>
- <https://aminghori.blogspot.com/2016/06/lesson-plan-of-critical-thinking.html>
- <https://www.hypnosisdownloads.com/thinking-skills/critical-thinking>
- <https://www.youtube.com/watch?v=xfPuQLbnsu8>
- [https://www.youtube.com/watch?v=v3p\\_KnYaGLk](https://www.youtube.com/watch?v=v3p_KnYaGLk)

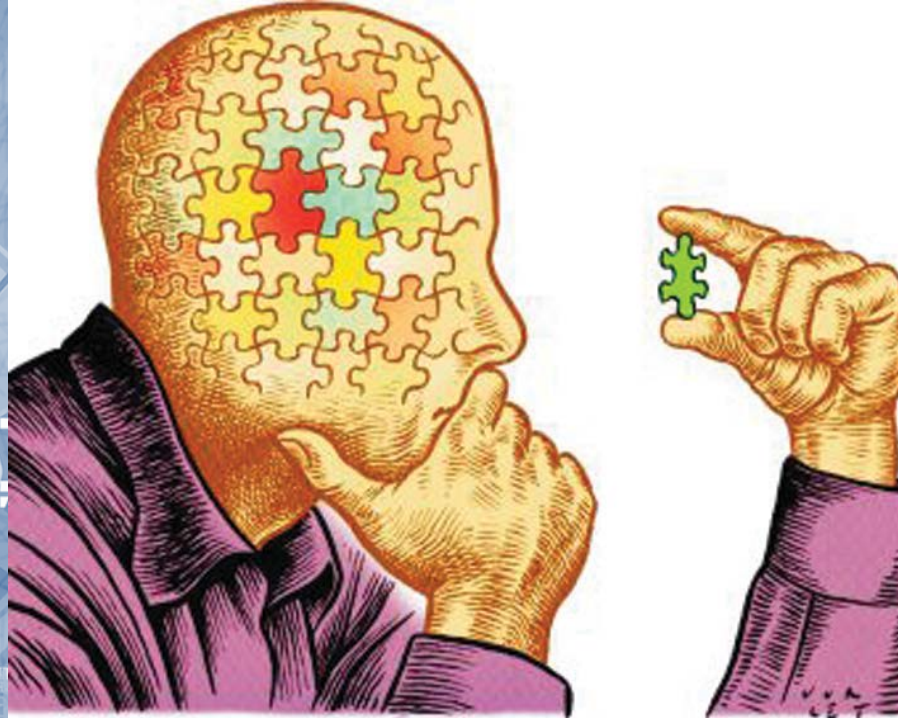


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# THANK YOU!



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