

Dr.
Bob
Weathers



Plural Recovery:

Helping

Ourselves

Help Each Other



Shame & Blame Paralyze



**Good
Information
Frees**



Addiction and the Brain



All Addictions:

Same Brain Changes

...

3 Brain Changes That

You Need to Know



3 Brain Changes: *Direct Result of Addiction*



3 Brain Changes:
*Further Contribute
to Addiction*

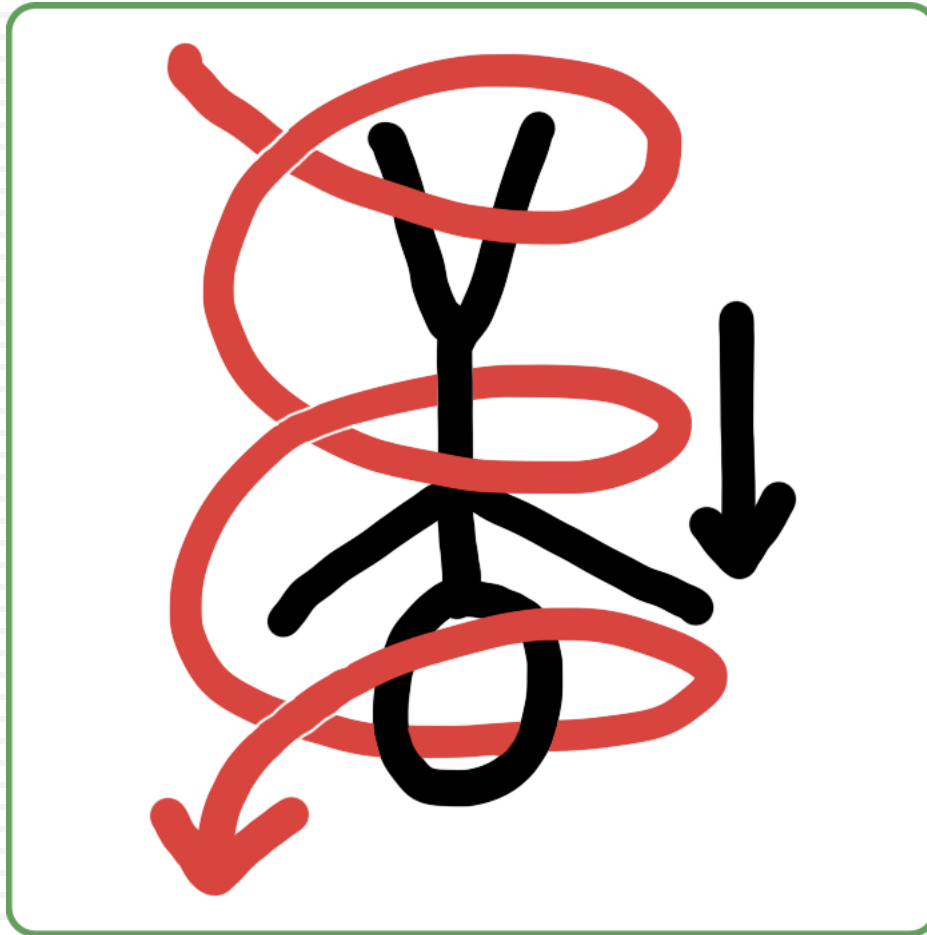


In Active Addiction:

The Poor

Get Poorer





Vicious Cycle in Brain

Brain Change #1:

Numbing of

Pleasure

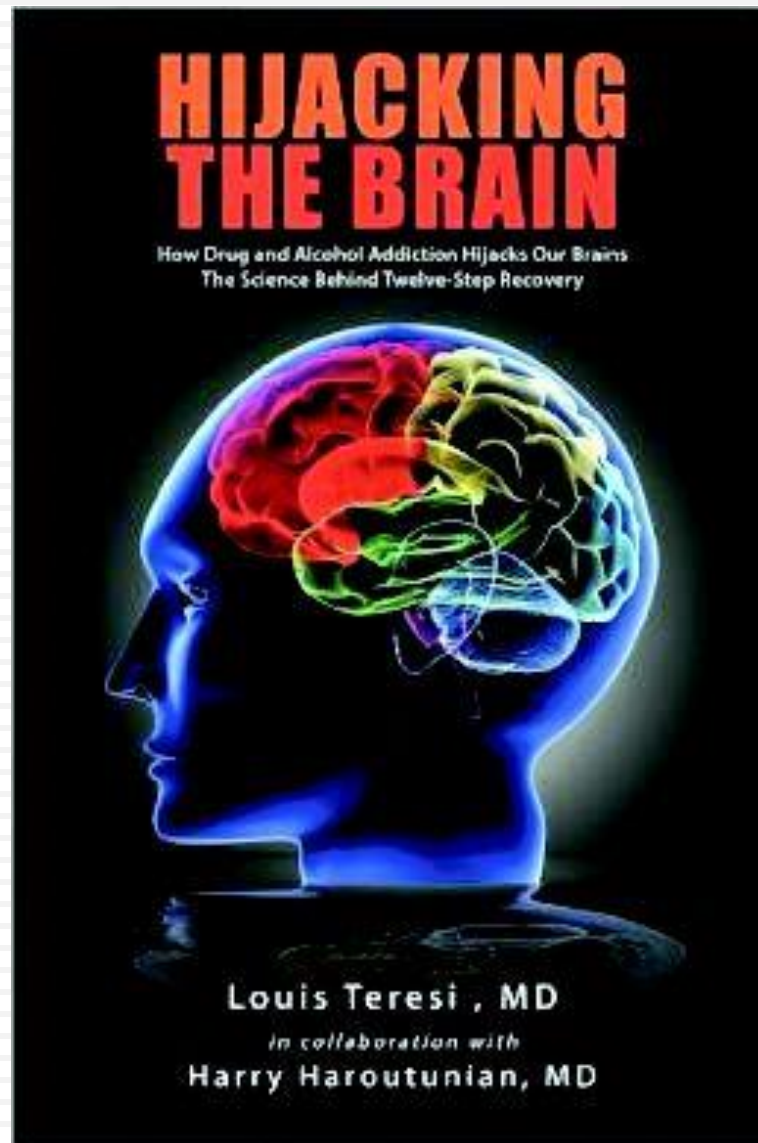
(Nucleus Accumbens)

Homeostasis

...

Allostasis

(Cortisol)



Anhedonia → Feel “Normal”

Brain Change #2:

Increase in Craving

(Ventral Tegmental Area)

Dopamine:
**Salience +
Incentive**



Incentive Sensitization



Dopamine:

*** Baseline = 1**

*** Sexual Response = 2**

*** Cocaine = 4**

*** Heroin = 10**

*** Methamphetamine = 12**

Dr. Richard Rawson (UCLA)

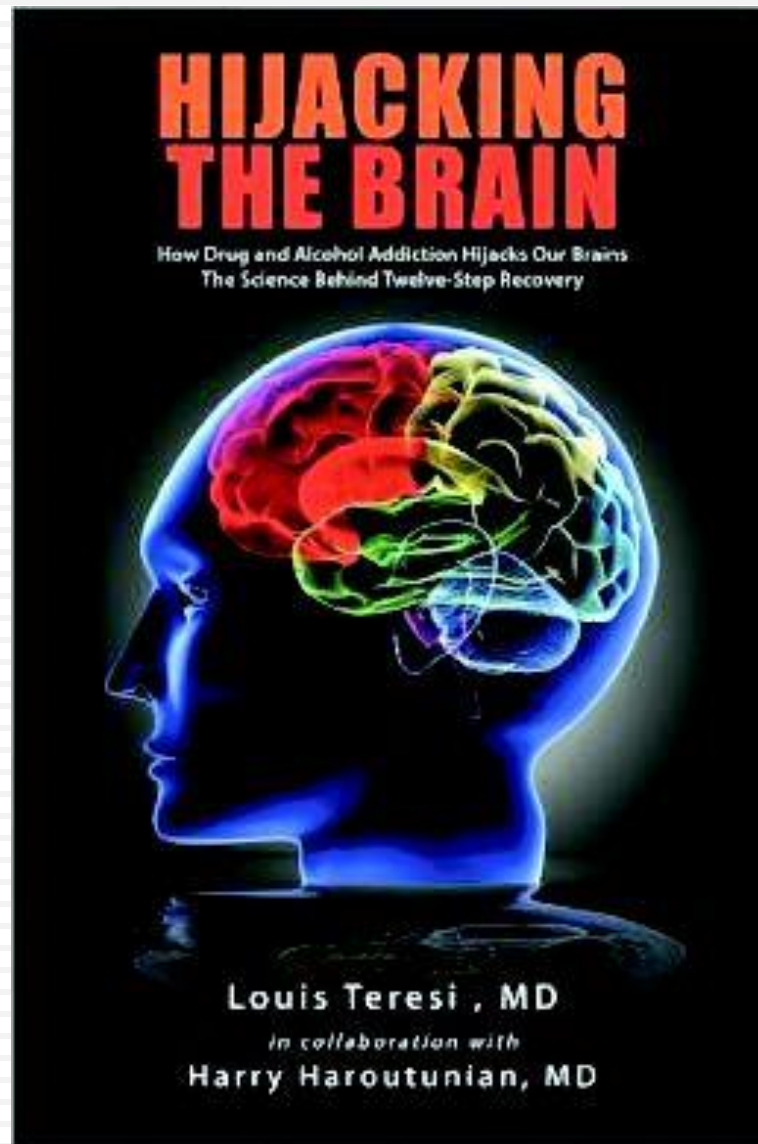
Dopamine

Glutamate



Triggers – External Cues & Internal Stress





Craving Trumps Willpower

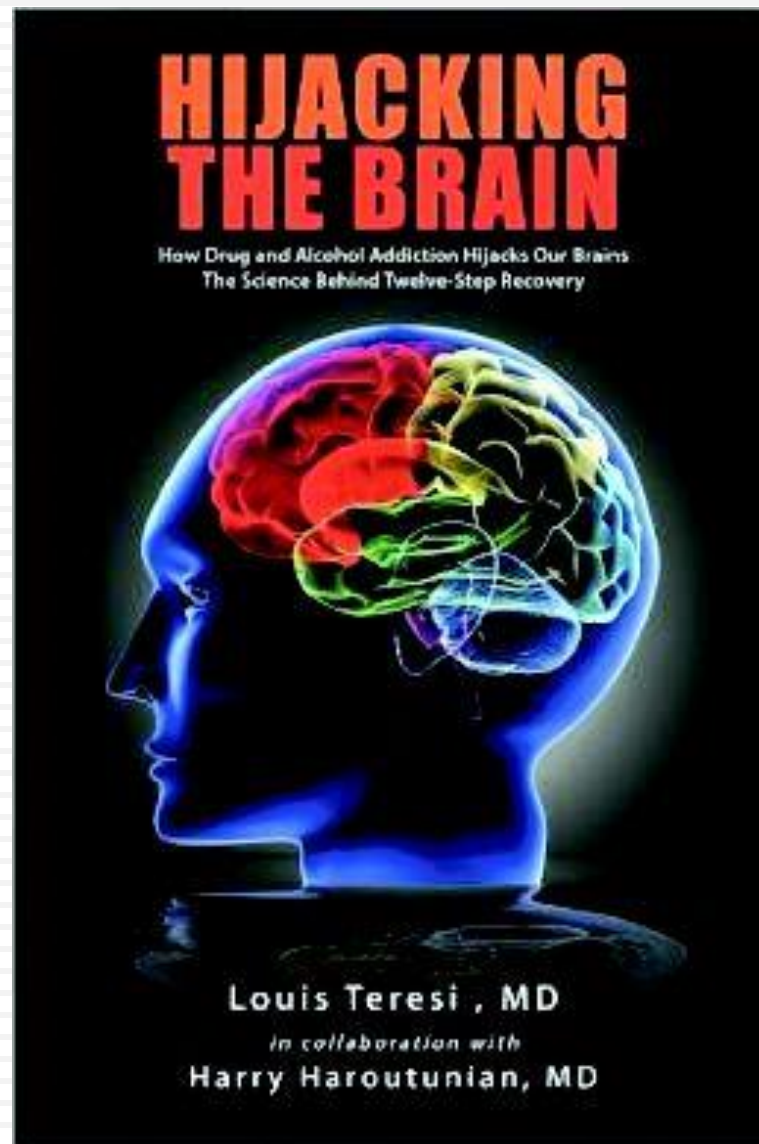
Brain Change #3:

Decrease in
Impulse Control

(Prefrontal Cortex)

Hypofrontality – Brakes vs. Accelerator





Subcortex Negates Cortex

Exercise:

**How Do 3 Brain
Changes Impact
Relationship?**



Key to Early

Recovery:

Getting Support to

Sustain Sobriety



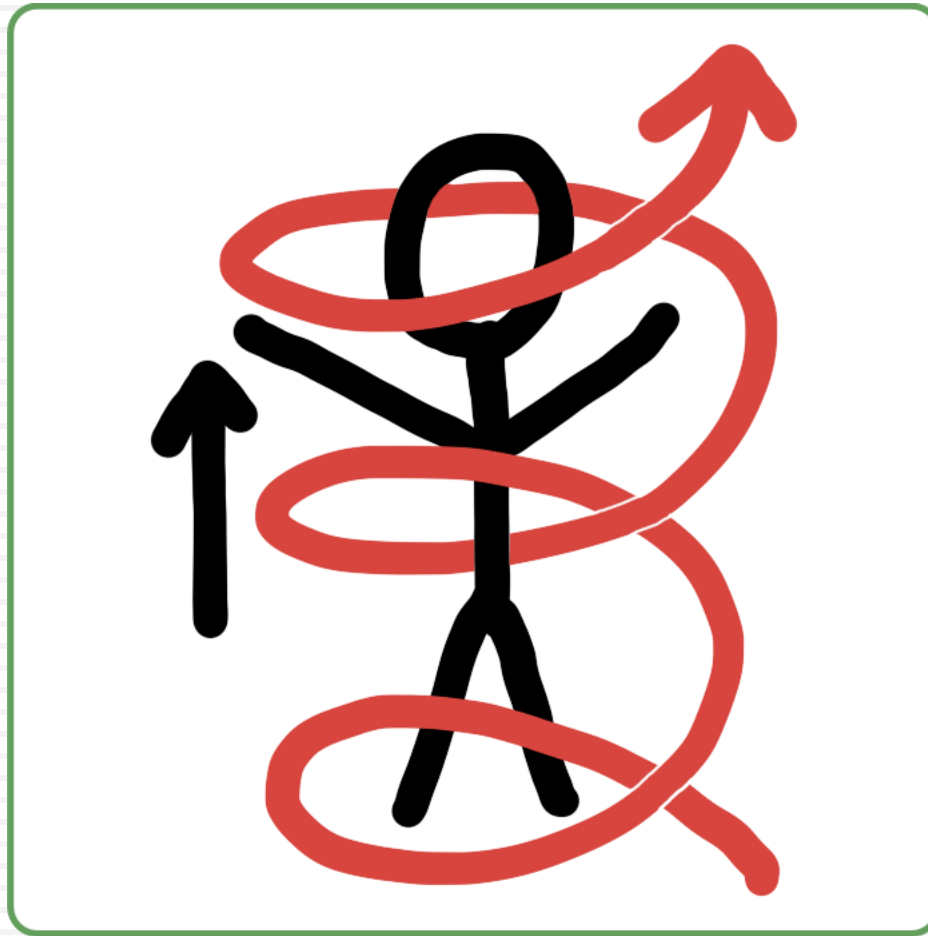
In Committed

Recovery:

The Rich

Get Richer





Adaptive Spiral

There Is Hope!

Further Resources:

www.drbobweathers.com