



Maggio Wellness

Words Impacting Recovery

You can use these terms to create terminology and recovery games, groups discussions, homework assignments and more. Provide time to review words, (5 minutes, 20 minutes, 1 week) and discuss in group or individual sessions. Feel free to add your own words!

1. **Addict:** A stigmatizing slang term for an individual with an addictive disorder
2. **Addiction:** A repeated activity that causes harm to oneself or others (e.g. a substance's continuous presence in the bloodstream).
3. **Addictive Personality:** A trait/traits that develops in response to drug use.
4. **Adverse Reaction:** A detrimental reaction to a drug (not the desired reaction)
5. **Affinity:** The strength a drug has that allows it to bind to its receptor
6. **Agonist:** A drug that activates a receptor in the brain
7. **Bioavailability:** A drug's ability to enter the body
8. **Blood Alcohol Level/Concentration:** concentration level of alcohol in the bloodstream (expressed as a percentage by weight)
9. **Ceiling Effect:** Occurs when the dosage of buprenorphine is increased beyond maximum levels and no differences result
10. **Central Nervous System (CNS):** The brain and spinal cord
11. **Codependence:** A family member's or friend's suffering that is the result of the side effects of one's addiction; it occurs when one takes responsibility for actions and helps that person avoid facing his or her problems directly to maintain relationship
12. **Compulsion:** A physical behavior one repeats involuntarily that can be harmful (e.g., addiction)
13. **Conditioning:** A behavioral change that results from an association between events
14. **Craving:** powerful and strong desire/urge for a substance; a symptom of the abnormal brain adaptations that result from addiction
15. **Cross-Dependence:** The ability of one drug to prevent the withdrawal symptoms of one's physical dependence on another
16. **Cross-Tolerance:** Occurs when one's tolerance for one drug results in their lessened response to another
17. **Denial:** One's failure to either admit or realize his or her addiction or to recognize and accept the harm it can cause
18. **Depressants:** Sedatives that act on the CNS (e.g. to treat anxiety, high blood pressure, tension, etc.)
19. **Depression:** distress resulting from addiction; an ongoing state of sadness involving the inability to concentrate, inactivity, etc.
20. **Detoxification (Detox):** The process of removing a toxic substance (e.g. a drug) from the body
21. **Dopamine:** chemical produced naturally by the body; functions in the brain as a neurotransmitter to provide well-being
22. **Drug Tolerance:** A progressive state of decreased responsiveness to a drug
23. **Dual-Diagnosis:** Mental patients ' condition when they are also addicted to any mind-altering drug
24. **Dysphoria:** The opposite of euphoria
25. **Dysynergy:** An addiction's tendency to cause another (gateway drugs); an addicted person's tendency to combine substances
26. **Enabling:** Helping an addicted person do things they can or should be doing for themselves; causes disease progression
27. **Endogenous Opioid:** The opioids that the body naturally produces in order to help us tolerate pain
28. **Endorphins:** Opium-like substances produced by the brain; natural painkillers
29. **Euphoria:** pleasurable state of altered consciousness; reason for the preference of one substance over another
30. **Fetal Alcohol Syndrome (FAS):** Birth defects/abnormalities in babies of alcoholic and alcohol abusing mothers
31. **Fetal Drug Syndrome (FDS):** Birth defects/abnormalities in babies of drug abusing mothers
32. **Harm Reduction:** Often the first stage of addiction treatment; reducing therapy instead of stopping the target behavior
33. **Inflation:** An addiction behavior's tendency to slowly but surely increase in frequency
34. **Intoxication:** A state of being drugged or poisoned; results from abuse of alcohol, barbiturates, toxic drugs, etc.
35. **Intrinsic Activity:** The extent to which a drug activates a receptor
36. **Metabolism (of drugs):** The chemical and physical reactions carried out by the body to prepare for a drug's execution



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37. **Narcotic:** A drug that produces sleep/drowsiness and that also relieves pain while being potentially dependence producing
38. **Negative Reinforcement:** Repetitive behavior to avoid something unpleasant
39. **Neurotransmitter:** The natural chemical a neuron releases to communicate with or influence another
40. **Obsession:** A mental behavior one repeats involuntarily that can be harmful (e.g., (needing) an alcoholic drink)
41. **Partial Agonists:** Bind to and activate receptors to a lesser degree than full agonists
42. **Physical Dependence:** The body's physiologic adaptation to a substance
43. **Post-Acute Withdrawal Syndrome (PAWS):** Withdrawal symptoms after initial acute withdrawal
44. **Psychoactive Drug:** A mind- and behavior-altering substance
45. **Psychological Dependence:** One's compulsion to use a psychologically based drug for pleasure; may lead to drug misuse
46. **Psychotropic Drug:** Any drug that acts on one's psychic experience or mood behavior
47. **Receptor:** Protein on a target cell's membrane or cytoplasm with which a drug interacts
48. **Recovery:** Reducing substance abuse; often followed by one's personal life being turned around in a supportive environment
49. **Relapse Prevention:** A therapeutic process that interrupts beliefs and behaviors that result in lifestyle dysfunction
50. **Relapse:** Symptom recurrence after a period of sobriety or drug use cessation
51. **Remission:** A symptom-free period
52. **Reversed Tolerance:** lower dose of a drug produces same desired or effect that previously resulted only with higher dosages
53. **Synergism:** The greater effect that results when one takes more than one drug simultaneously
54. **Synthetic:** Not natural occurring
55. **Therapeutic Dependence:** Patients ' tendency to demonstrate drug-seeking behaviors because they fear withdrawal symptoms
56. **Titration:** The gradual adjustment of the amount of a drug
57. **Tolerance:** Condition in which one must increase their use of a drug for it to have the same effect
58. **Trigger:** Anything that results in psychological and then physical relapse
59. **Uppers:** Drugs that produce a euphoric effect (e.g. stimulants, amphetamines)
60. **Urges:** Less powerful desires than cravings; can be suppressed by willpower
61. **Withdrawal Symptoms:** Severe and excruciating physical and emotional symptoms that generally occur between 4 to 72 hours after opiate withdrawal (e.g., watery eyes, yawning, loss of appetite, panic, insomnia, vomiting, shaking, irritability, jitters, etc.)
62. **Withdrawal:** The abrupt decrease in or removal of one's regular dosage of a psychoactive substance

Choose (4) four terms you can relate to or add some not listed:

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