



Beating Addiction  
客服成癮

life  beats

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# Beating Addiction客服成瘾

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Addiction, in one form or another, is not uncommon worldwide. The consequences can range from chronic health effects, to job loss and financial ruin, to relationship loss. Whatever the consequence, addiction is not conducive to healthy aging.

以一种或多种方式的成瘾在全球范围内并不少见。结果可能导致影响健康，丢失工作，或者人际关系恶劣。不管什么后果，成瘾均不利于健康长寿。

“Addiction - When you can give up something any time, as long as it's next Tuesday.” – Nikki Sixx

“When you can stop you don't want to, and when you want to stop, you can't...” – Luke Davies

“You've recognized a fundamental feature of an addict's life. Maintaining your habit is so important you've no real interest in anything else.” – Marian Keyes

“成瘾 - 只要它是下周一，你能够放弃任何东西，。” - 尼克Sixx

“当你能阻止你不想，当你想停下来，你不能.....”卢克 - 戴维斯

“你认识一个瘾君子的生活的基本特征。维护你的习惯是非常重要的，你已经对别的没有真正的兴趣。” - 玛丽安·凯斯

Conquering an addiction can improve your mental and physical health today as well as long-term.  
**You can regain control.**

克服成瘾能长期改善自己的心理和身体健康。你可以重新控制自己。

# What are Some Common Addictions? 什么是一些常见的瘾?

Addiction – The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.” – Dictionary.reference.com

成瘾是指一种重复性的强迫行为，即使这些行为已知可能造成不良后果的情形下，仍然被持续重复。这种行为可能因中枢神经系统功能失调造成，重复这些行为也可以反过来造成神经功能受损“ - Dictionary.reference.com

- Most people think of alcohol when they think about addiction but there are many types of addictions and impulse-control disorders. Examples include:
  - Drugs, including prescription drugs, nicotine and caffeine 药物，包括处方药，尼古丁和咖啡因
  - Shopping 购物
  - Gambling 赌博
  - Exercise 锻炼
  - Work 工作
  - The Internet 互联网
  - Stealing 偷窃
  - Eating Disorders 饮食失调
- If you or a loved one is obsessed with an activity or substance, cannot quit, and it affects their health and personal relationships, it may be an addiction.
  - 如果你或你的亲人是痴迷的活动或物质，不能自拔，它会影响他们的健康和人际关系，这可能是一种瘾。



# Addiction Warning Signs成瘾标志

Family, friends and coworkers can all play a role in identifying addiction in others. Here are some common warning signs suggesting that an individual may be struggling with addiction.

家人，朋友和同事都可以对瘾的识别发挥作用。下面是一些常见的迹象表明，一个人可能有瘾。

Problems at work including absenteeism, tardiness, and poor work performance; at times, the individual may ask others to help shoulder his or her workload.

在工作中存在的问题，包括旷工，迟到，工作表现不佳;有时，个别可请别人帮忙承担他或她的工作量。

If the individual is a child or adolescent: escalating problems in school and loss of interest in prior activities (such as music, sports and hobbies).

如果是儿童或青少年： 对以前的活动（如音乐，体育和爱好）越来越没有兴趣。

An increase in the amount and frequency of alcohol or drug use, despite problems with physical health, mental health, and life responsibilities.

增加酒精或药物的使用量或频率，不管身体健康，心理健康，生活的责任。

Annoyance when others comment on their alcohol or drug use.

当别人在他们使用酒精或药物的发表意见时表现的烦躁。

- Ignoring responsibilities such as caring for children and pets, and not paying household bills.无视责任，如不照顾孩子和宠物，不支付家庭支出。
- A change in the individual's social group. 个人的社会群体发生变化。
- Poor physical appearance or hygiene.体质或外观卫生较差。
- Difficulty with concentration.难集中注意力。
- Legal problems related to alcohol and drug use, such as driving while intoxicated.有酗酒和吸毒的违法问题，如酒后驾车
- Inability to sleep or being sleepy all the time.无法入睡或一直犯困。



# Is There a Problem?有什么问题?

- If you suspect you or someone you know has a problem, there are many reputable sites to help you determine if you should seek help. Be honest with yourself when evaluating your situation; you cannot get help if you don't acknowledge the problem.
- 如果你怀疑你或你认识的人有问题，有很多著名的网站以帮助您确定是否应寻求帮助。在评估你的情况时一定要诚实；如果你不承认有问题你就不能得到帮助。
- Only a professional can diagnose an addiction but the links below can be a starting point. Some common questions asked in self-evaluations are:
- 只有专业可以诊断是否有瘾，但下面的链接可以是一个起点。自我评价的一些常见问题如下：
  - Have you tried to stop but can't?你有没有试图阻止，但不能阻止？
  - Do you feel ill or suffer physical/mental symptoms when you do not engage in the activity or use a substance?当你不从事某种活动或使用某种物质时你就很不舒服。
  - Are your home life and/or relationships suffering because of your habit?有没有因为你的某种习惯导致你的家庭生活或家庭关系痛苦？
  - Is your work performance or reputation damaged because of your habit?有没有因为你的某种习惯导致你的工作表现或声誉受损？
  - Are you having financial difficulties?你有没有财政困难？
- Assessment Tools评估工具
  - [Alcohol](#)酒精
  - [Drugs](#)毒品
  - [Gambling](#)赌博
  - [Internet Use](#)互联网使用



# Getting Help求得帮助

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If you think you or a loved one is an addict, and you want help, fortunately, there are many resources available.

如果您认为您或亲人是一个瘾君子，你需要帮助，幸运的是，有很多资源可以利用。

- Doctor – Your family doctor can refer you to a professional that specializes in addiction.
- 医生 - 你的家庭医生可以给你专业的参考意见。
- Employee Assistance Plan (EAP) – If an EAP is available in your region, it will direct you to the appropriate professional.
- 员工帮助计划（EAP） - 如果EAP可在您所在的区域，它会相当专业的引导您。
- Addiction Specific Organizations – There are many global organizations that specialize in helping people overcome addiction.
- 成瘾具体组织 - 有迹象表明，专注于帮助人们克服网瘾的许多全球性组织。

- Alcoholics Anonymous – EN, ES, FR嗜酒互诫组织
- Narcotics Anonymous禁毒组织
- Gamblers Anonymous禁赌组织



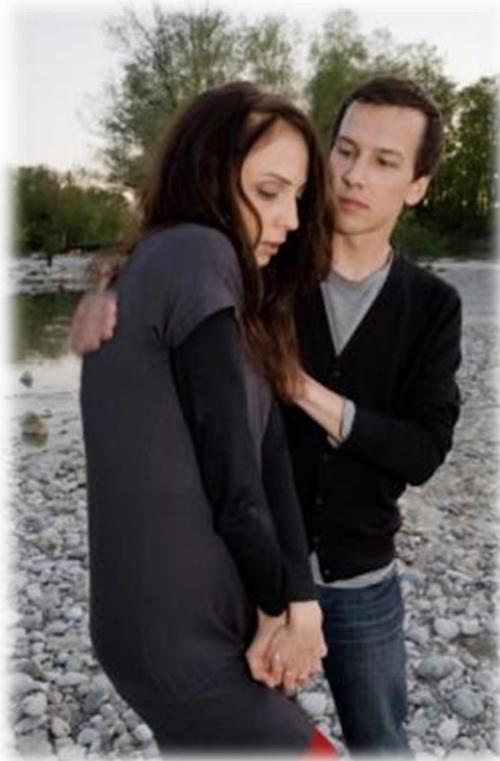
# What if Your Loved One is an Addict?

## 如果你爱的人是一个瘾君子？

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You are not alone in dealing with the addiction of a loved one. According to WHO, worldwide, about 7.5% of drinkers have at least one heavy drinking episode per month. That's just one indicator for one possible addiction. There are many others.

你不是一个人在面对心爱的人的瘾。据WHO统计，全球约7.5%的饮酒者每月至少有一个酗酒的情节。  
这只是一个瘾的表征。还有许多其他问题。



You may be unknowingly enabling someone's addiction. Are you:

你可能会在不知不觉中使别人的瘾。你：

- Taking over their responsibilities?接管他们的职责
- Making excuses or covering up errors and accidents for them?找借口或掩盖错误?
- Going along with their excuses?会随便相信他们的借口?
- Helping them get out of financial difficulty related to their addiction?帮助他们解决因瘾导致的财务困难?
- Cleaning up after them?事后替他们清理?

# What if Your Loved One is an Addict?

## 如果你爱的人是一个瘾君子？

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You are not helping addicts by buffering them from the negative consequences of their behaviors. The best way to assist them is to let them face the reality of their situation. As long as you are there to save the day, the addict can continue with his or her destructive behaviors.

- 你是不能把他们从消极后果中隔离出来。协助他们的最好办法是让他们面对自己的现实情况。只要你在沉默一天，瘾君子可以继续他或她的破坏性行为共存一天。
- Listed below are reputable organizations that can help you cope with a loved one's addiction. You can also turn to your EAP or doctor for references.
- 下面列出的是有信誉的组织，可以帮助你应付心爱的人的瘾。您也可以与您的EAP或医生互相参考
  - [Al-Anon](#) – EN, ES, FR嗜酒互诫组织
  - [Nar-Anon](#)禁毒组织
  - [Gam-Anon](#)禁赌组织



# Why Stop Addiction?为什么要阻止成瘾?

## Benefits of Quitting 戒瘾的好处

- Getting help for your addiction will not solve all of your problems but it could: 获得帮助解决成瘾不会解决你所有的问题，但它可能：
  - Help you begin to repair relationships damaged by your addiction. 帮助您开始修复您因瘾受损的人际关系。
  - Refocus your mind on more productive behaviors/patterns. 重新以富有成效的行为/模式调整你的心态
  - Ease your financial burdens associated with addiction. 缓和与成瘾相关的财务负担。
  - Allow your body and mind to begin healing damage caused by addiction. 让你的身体和心灵，开始治疗因成瘾引起的损伤。

## What or who is your reason for taking control?

什么或谁是你采取措施控制的原因，？



# Other Addiction Resources 其他治疗成瘾资源

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Check out these resources that can help you combat an addiction.

- *The family physician*—can be a great resource. He or she may recommend a specialist.
- *Your Magellan program (EAP – US only)*—offers extensive information, self-assessments and community resources. Log on at [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member).
- *Find local treatment resources*—the Substance Abuse and Mental Health Services Administration: [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment).
- *Get informed help and support*—learn about the addiction recovery and rehabilitation process, plus find treatment centers in your area, at [www.recovery.org](http://www.recovery.org). Or, visit the National Alcoholism and Substance Abuse Information Center at [www.addictioncareoptions.com](http://www.addictioncareoptions.com).
- *General information about alcohol problems*—the National Institute on Alcohol Abuse and Alcoholism: [www.niaaa.nih.gov](http://www.niaaa.nih.gov).
- *Drug support groups for families and friends*—Nar-Anon Family Groups: [www.naranon.org](http://www.naranon.org).

You will also find resources on the LifeBeats [Focus Area Page](#).

# HEALTHY AGING

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It's in your hands!  
Start *TODAY.*

从今天开始健康长寿在你手中

