

ADDICTION



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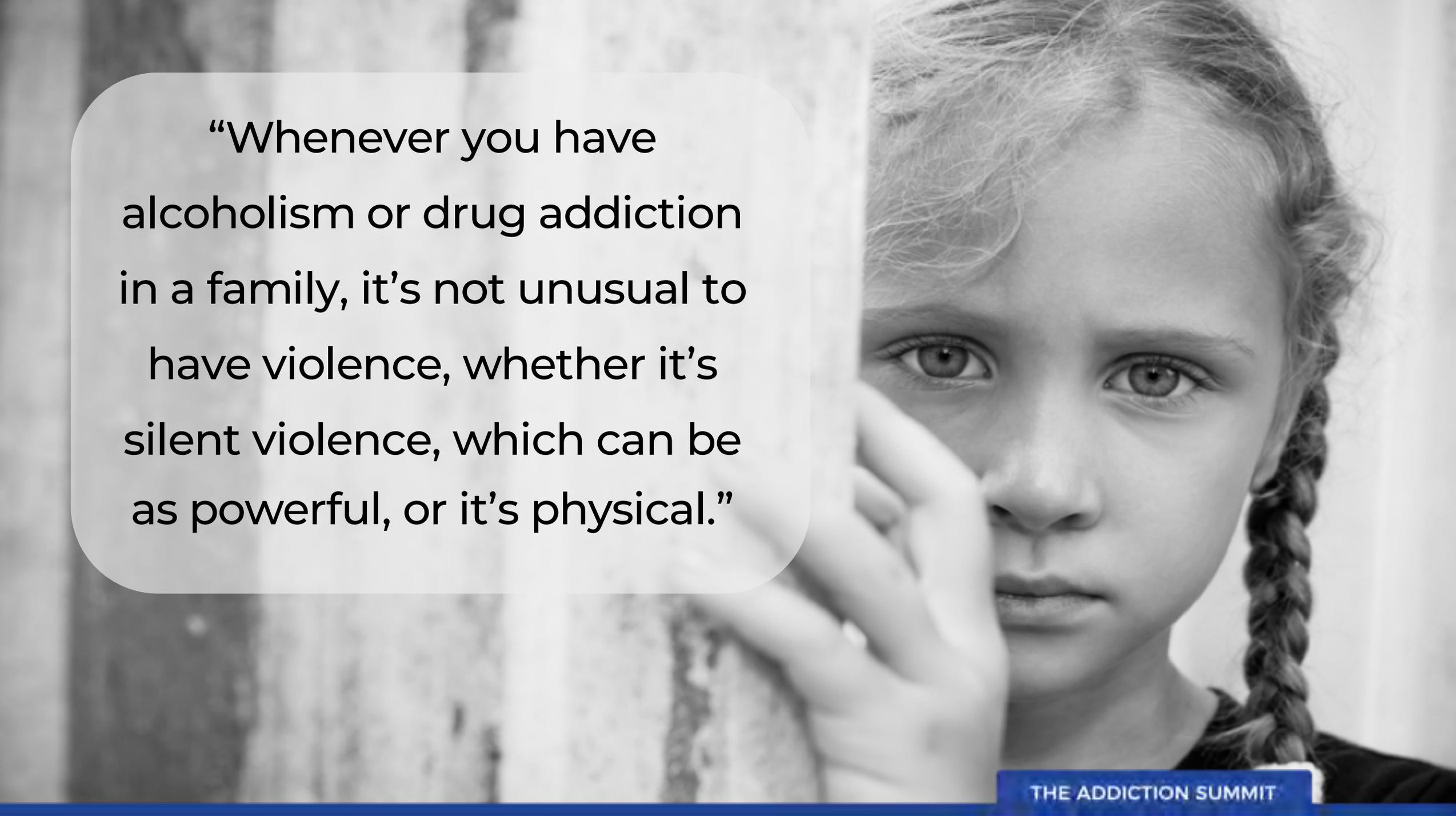
From Living in Addiction to Working with Addicts



Karen Willock



- Drug & alcohol counselor
- The 20 Concepts
- Childhood attachment trauma
- Recovering impaired physicians



“Whenever you have alcoholism or drug addiction in a family, it’s not unusual to have violence, whether it’s silent violence, which can be as powerful, or it’s physical.”

“What happened for me and what happens for many, many people and why I do what I do is that you end up leaving the whole world. And you become a person alone. And that’s what happened to me.”



“One of my big escapes from the very beginning was food.”



“The very first drug I used was heroin.”



“People say you can’t
change for anybody else.
That’s really not true.”

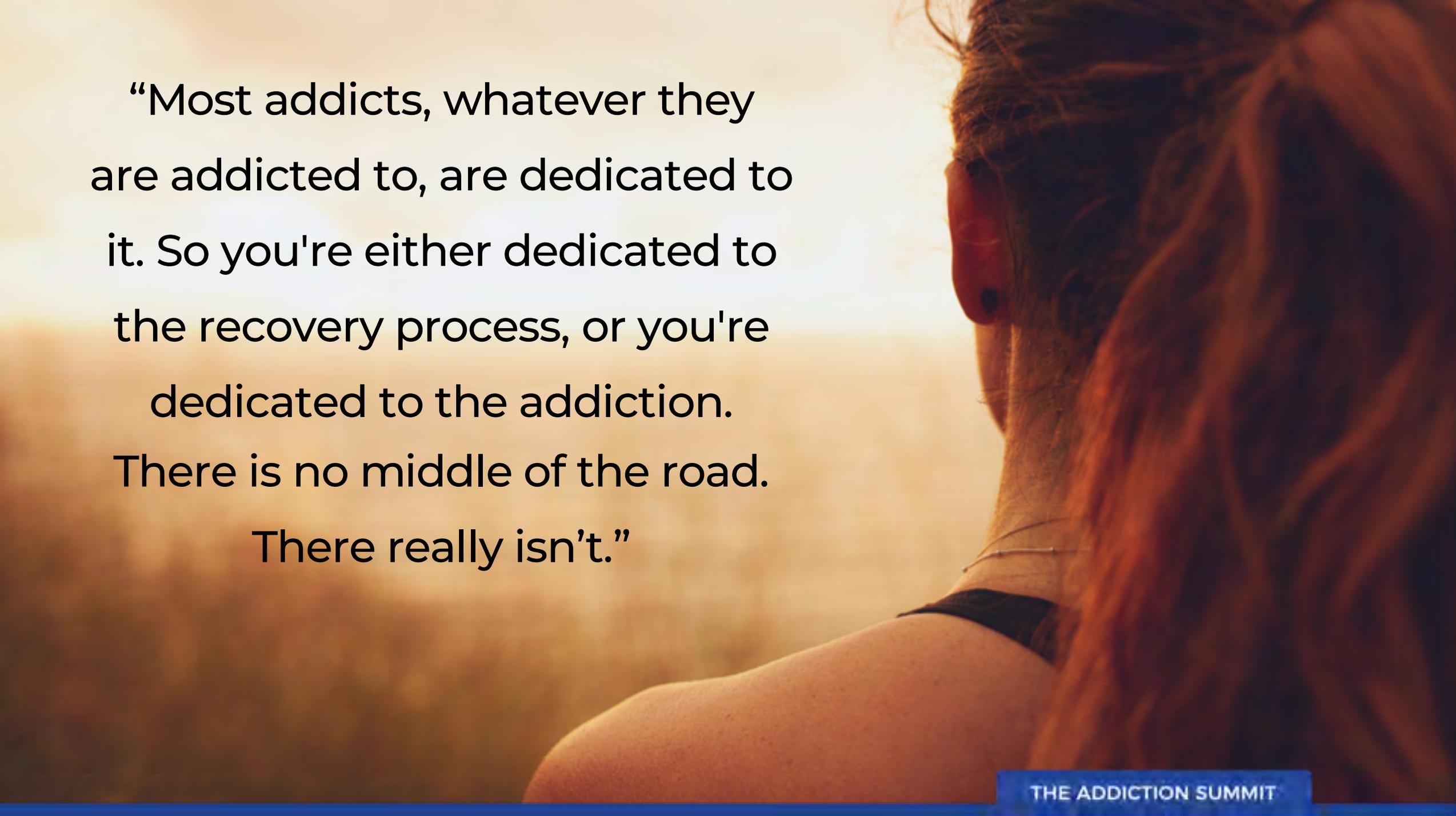


“There’s so much agony that goes into living with parents that are so insanely angry and drunk. And then I recreated the pain in my own life. And then I brought a kid into it.”



“This that people are going through is not make believe. And it’s not even the violence. It’s the attachment to these two figures, mom and dad. This is where it starts, where it’s a secure, safe.”





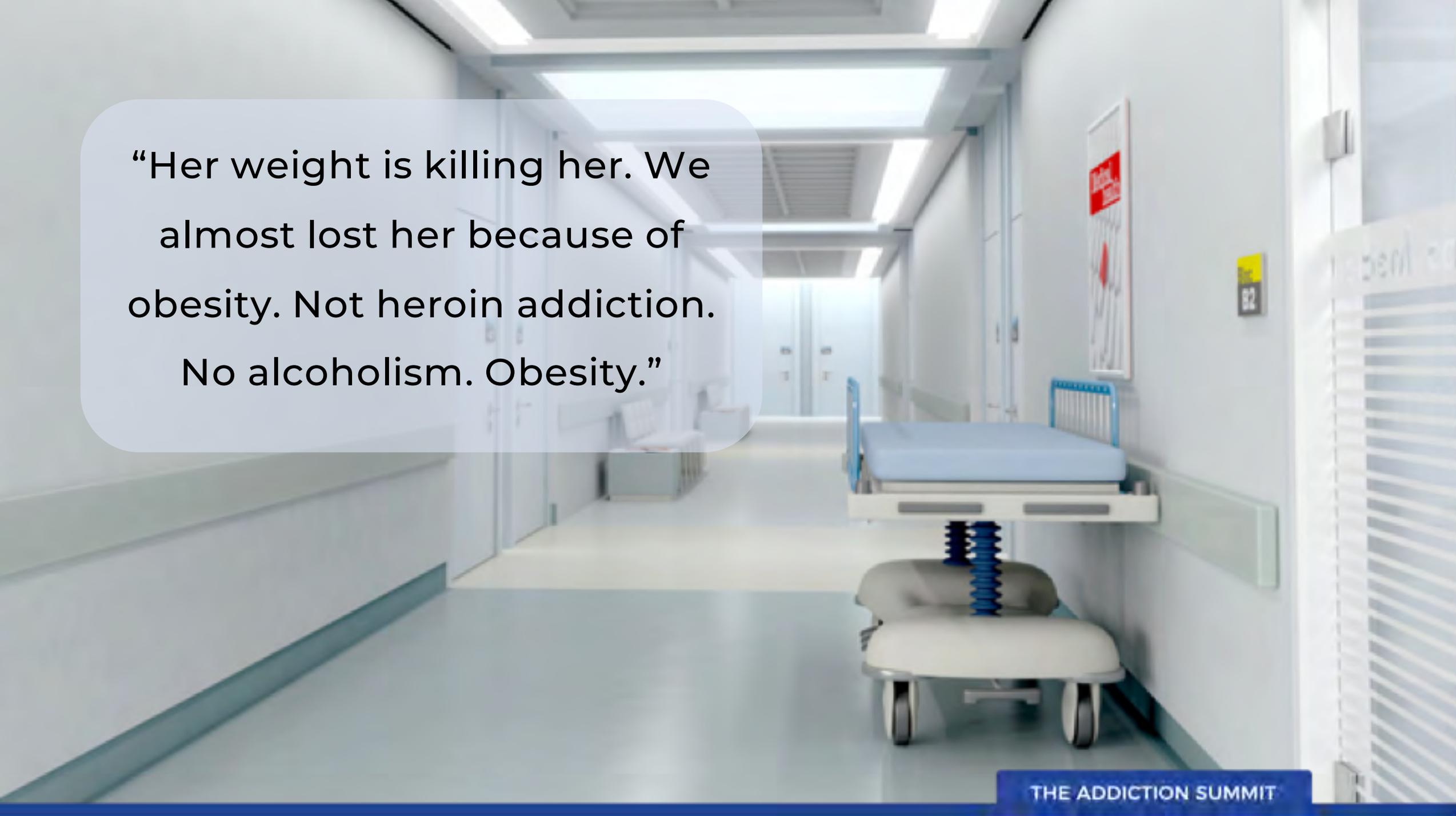
“Most addicts, whatever they are addicted to, are dedicated to it. So you're either dedicated to the recovery process, or you're dedicated to the addiction. There is no middle of the road. There really isn't.”

“What’s alcohol made out of? Grains and sugar. What did I want? Grains and sugar. Throw in a little fat, and you’ve got a donut.”



“I don’t know too many social heroin users. People usually don’t go to crack houses to visit. So there’s not a lot of social that goes with those. If you're using those drugs, there’s usually an issue. Just assume there’s an issue.”



A long, brightly lit hospital hallway with a gurney in the foreground and a waiting area in the distance. The hallway is clean and modern, with white walls and a light-colored floor. A gurney with a blue mattress and a grey cushion is parked on the right side. In the background, there are several doors and a waiting area with chairs. The lighting is bright and even, creating a sterile and professional atmosphere.

“Her weight is killing her. We almost lost her because of obesity. Not heroin addiction. No alcoholism. Obesity.”

“I don't eat any grains, and
I don't eat any sugars.”



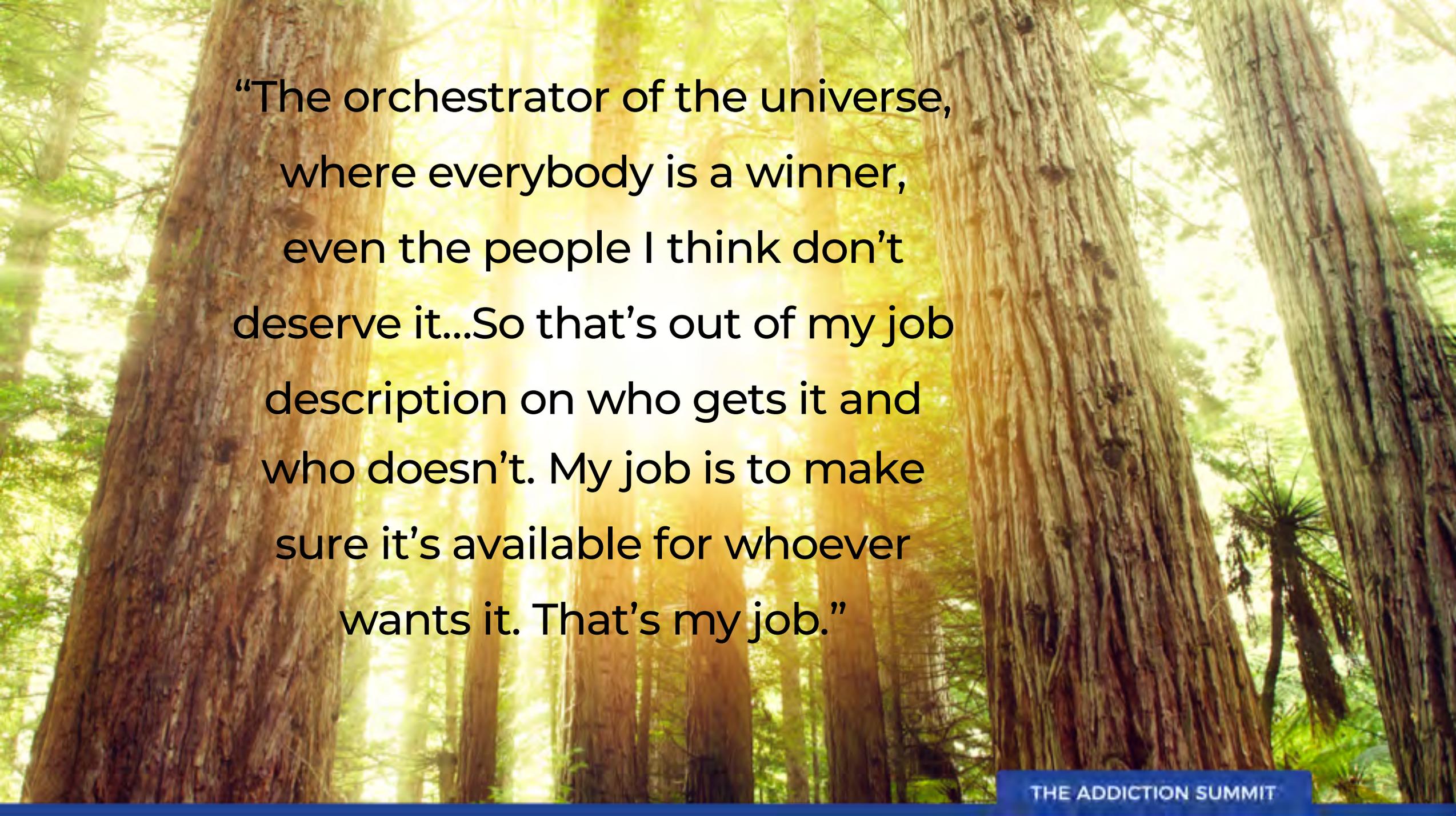
“We know now how important it is for a mom to bond with her baby the minute that baby is born.”



“Who did it is not the
issue. It’s what do I do
about it now.”







“The orchestrator of the universe,
where everybody is a winner,
even the people I think don’t
deserve it...So that’s out of my job
description on who gets it and
who doesn’t. My job is to make
sure it’s available for whoever
wants it. That’s my job.”

“If you're willing to make the commitment and extend the effort necessary, there is a solution. If you're looking for magic, not going to happen. There's no magic. This is real.

And you might break a sweat doing it. So it takes effort and commitment.”



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