

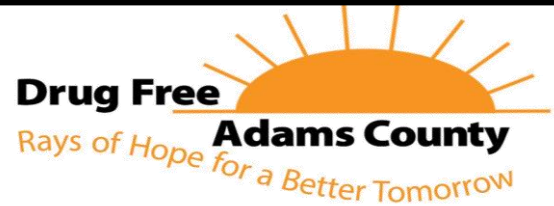
Drug Free Adams County

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Understanding the “Why?”

If illegal drugs are so dangerous, why do people use them? Why even risk becoming addicted? Though the answers vary, the results can be deadly.

Reasons for Drug Use

Generally, people take drugs because they want to feel differently or want to change something about their lives. Here are some common reasons for turning to drugs:

- **To feel good.** Drugs can produce intense feelings of pleasure. This initial euphoria is followed by other effects, which differ with the type of drug used. For example, with stimulants such as cocaine, the high is followed by feelings of power, self-confidence, and increased energy. In contrast, the euphoria caused by opioids such as heroin is followed by feelings of relaxation and satisfaction.
- **To de-stress.** People who suffer from social anxiety, stress, and depression may start using drugs to feel less anxious. Stress can play a major role in starting or continuing drug use, as well as relapsing.
- **To do better.** Some people feel pressure to improve their focus in school or at work, or to enhance their performance in sports. This pressure can play a role in trying, or continuing to use, drugs such as prescription stimulants.
- **Hanging around people who use drugs.** Friends or family members who use drugs might lead others to use drugs as well. Teens are particularly at risk because peer pressure can be very strong.
- **Trouble at home.** When kids aren't well cared for, or a parent is using drugs, the chance of using drugs increases.



Drug use may initially seem to help, it will ultimately complicate the user's life. Learning to recognize the “why” use is occurring, however, can be the first step in treatment and, ultimately, recovery.

For more information, please visit our website: www.DrugFreeAdamsCounty.org