



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Understanding Addictions

Every person is motivated to fulfill basic needs. Unfortunately, when one “need” is pursued to the exclusion of the rest of the parts of a life, or when there is an imbalance of being consumed with the drive to satisfy a particular “need or needs” at the cost of other people, family, work, and health, then a person could be snared in an addiction.

Glasser’s Four Physiological Needs

We are all built to have the same basic needs.

1. Love and Belonging
2. Fun and Pleasure
3. Power and Importance
4. Freedom and Choice

We all have the same four needs, and they are not bad in themselves. It is just how we choose to meet these needs that can get a person in trouble. The process of meeting a need is called a person’s behavior. Behavior is an individual’s attempt to meet one or all of their basic needs.

Socially Acceptable Behaviors?

People act out or manifest their behaviors in four distinct ways:

1. Doing (*Our Actions*)
2. Thinking (*Our Thoughts*)
3. Feeling (*Our Emotions*)
4. Physiology (*Our Body Language*)

Many people learn to meet their basic needs in socially unacceptable ways. The problem is when the individual’s thoughts, feelings, and actions are off balance. *For example:* when a person is attempting to meet the need for pleasure through unacceptable and inappropriate behaviors.

Warning Signs

It is important for people in relationships around the “at risk” person learn to assess and recognize the unacceptable behaviors before the person does something wrong. This can be done by asking the right questions and attempting to teach the person the importance of taking responsibility to make the right decisions. If an individual is already involved in a harmful lifestyle, then an intervention is required. Out of a desire to care and concern, a caregiver can attempt to provide support and education on the causes and effects of the negative behaviors. This process can be straining and lengthy. It is important to understand that a person may not have gotten in their addiction or crisis overnight and may not be able to change overnight.

Be encouraged because love and truth can win the day over addiction with time.

Introducing your Community Chaplain

Eric Kieselbach

(pronounced “key-sill-baa”)

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“Physiological (*defined*): relating to the way things function, rather than their shape or structure.”

“Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.”

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Proverbs 23:29-35

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