

Addiction and loneliness essay

[Health & Medicine](#), [Addiction](#)



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Introduction

Introductory statement: Many observers have come up with various viewpoints in light of the examination of the two ideas of addiction and loneliness.

Thesis statement: There are similarities and differences between the causes and symptoms of both addiction and loneliness.

Body

First Supporting Idea (Topic Sentence): In terms of similarity, some causes of addiction and loneliness relate to neurobiology.

Scientific evidence shows that addictive tendencies occur in the parts of human brains that govern some of the most fundamental and life-sustaining requirements and functions.

Brain develops new circuitry all through the lifespan of people

The causes of both compulsion and loneliness differ significantly in light of their neurological causes.

Second Supporting Idea (Topic Sentence): For the symptoms, first, the lonely individuals show similarity in that both exhibit a constant living in denial.

The more a person engages in substance abuse, the more, his or her life becomes more controllable by such drugs.

The affected individuals often resort to denial about the extent of the problem as well as the negative impact it has on their lives.

Seclusion, which may be caused by the depressing effect of dependence on drugs, also manifests itself in the denial among the people who suffer from it.

Third Supporting Idea (Topic Sentence): People who are prone to addiction usually show signs of reduced brain's activity that is also associated with the sense of loneliness

Drug addicts often tend to lose the capacity to utilize not only rational position but also critical thinking.

These failures can be reflected via their behaviors, the way of talking and relating to other individuals, actions and their overall personality

Addiction that at times results in the sense of isolation at leads to reduced mental capacity to perform its roles in a manner that is deemed appropriate in relation to human rational behavior and thinking

Second Supporting Idea (Topic Sentence): In terms of difference, an individual become not addicted to a substance, but he or she is hooked to the conduct or the sensation experienced through acting out the behavior.

1. The whole concept of the causes and symptoms of both addiction and loneliness lie in the fact that loneliness is similar to addiction except,

Conclusion

Closing Statement: It is true that there are similarities and differences between the causes and symptoms of both compulsion and isolation.

Restate thesis: there are similarities and differences between the causes and symptoms of both addiction and loneliness.

The world right now faces various issues of concern, especially in relation to human life. Among such concerns are the aspects compulsion and loneliness against the background of daily human experiences. As such, many observers have come up with various viewpoints in light of the examination of the two ideas. Indeed, from such points of view, points can be drawn to depict both the differences and similarities that relate to the matters of compulsion and seclusion. In this context, it is evident that there are differences between the causes and symptoms of both addiction and loneliness.

Looking at the common characteristics of the two, some causes of addiction and loneliness relate to neurobiology. Scientific evidence shows that addictive tendencies occur in the parts of human brains that govern some of the most fundamental and life-sustaining requirements and functions such as incentives and stimulus, physical and emotional pain respite, stress regulation, and the faculty to both feel and receive love. Correspondingly, the human brain develops new circuitry all through the lifespan of people, which include well into adulthood. The formation of new circuitry presents new hope for people caught up in addictive patterns that include the concepts of drug addiction and the aspect of loneliness in which some individuals are mired. Predictably, therefore, the causes of both compulsion

and loneliness differ significantly in light of their neurological causes.

For the symptoms, first, the lonely individuals show similarity in that both exhibit a constant living in denial. For instance, the more an individual engages in substance abuse, the more, his or her life becomes more controlled by such drugs. Sadly, however, the affected persons often resort to denial about the extent of the problem as well as the negative impact it has on their lives. In the same vein, seclusion, which may be caused by the depressing effect of dependence on drugs, also manifests itself in the people who live in denial.

Similarly, people who are prone to addiction usually show signs of reduced brain activity that is also associated with the sense of loneliness. Mostly, for example, drug addicts often tend to lose the capacity to utilize not only rational position but also critical thinking. Consequently, the effects of these failures can be reflected in their behavior, the way of talking and relating to other individuals, and their overall personality. Ultimately, such people will lead an isolated life; hence loneliness. This is because they will feel cut off from the social aspects of life within their environment and dejection with every single thing. Indeed, addiction that at times results in the sense of isolation also leads to reduced mental capacity to perform its roles in a manner that is deemed appropriate in relation to human rational behavior and thinking. Such include the inability of people to go out of their secluded lives to form rewarding associations with other people so as to better their lives.

The two conditions have several similarities despite some differences. For example, someone who is experiencing some sort of loneliness is not

addictive. It cannot be compared to an individual addicted to, for instance, hard drugs. Loneliness also does not involve the consumption of any substance since loneliness is just a feeling of emptiness that an individual exhibits. It would, however, be having characteristics of addiction if the lonely person decides to be addicted to drugs to cure his symptoms.

Loneliness can, therefore, be cured through support from family to fill the void being experienced by an individual. However, addiction needs clinical treatment, which may include medication and therapy. In summary, while addiction can be associated with a substance, loneliness dissociates itself from such identity.

The interdependence between these two comes out in cases where one thing graduates into another. For example, a lonely individual may sink into depression, which may lead them into taking drugs to fill up the loneliness that they are experiencing. On the other hand, a person who is addicted to drugs might become so engrossed in their drug consumption that they end up 'living in their own world.' Oblivious of all else around them. This may make them anti-social and loners. In many cases, family and friends may often reject or distance themselves from associating with an addict. This may end with the addict living a lonely life. For this reason, loneliness and addiction may progress from one to the other.