

They army was  
addicted to heroin.  
this

[Life](#), [Emotions](#)



They said that 15 percent of U. S. army was addicted to heroin. This news was spread in public and everyone was stunned. Then, president Richard Nixon promised to make a new office called ' The Special Action Office of Drug Abuse Prevention' for rehabilitation of soldiers. Any of the officers were not allowed to leave Vietnam unless they clear the drug addiction. Lee Robins was the main the psychiatric researcher. Her studies showed that when soldiers came back to U.

S. 95 percent of them were clean and without addiction. The normal drug abuser shows the following routine- they get clean from hospitals or rehab centers but as soon as they go to their home they get re-addicted but Vietnam soldiers were different.

The habits were triggered in certain situations and under certain conditions. How did all these things started in war? The war is a stressed situation and they were in contact with fellow soldiers who were consuming heroin. One of the influencing factors that lead to formation of any behavior is surrounding environment.

For example- if you're the only person who doesn't consume heroin and all your surrounding people are consuming in front of you, then they start forcing you to just try a little bit. But once you're involved then it's getting difficult to get away from it, especially when you are in stressed situation. We get pushed away in situations. But once they return to home- a place without stress and where there is no fellow heroin user is the good surrounding for him. In war, there were no family and no one to stop them from using heroin. But at home, you are surrounded by your loving family,

friends and you don't think about consuming anything. So the absence of any external stimuli also triggered the addiction. The most important lesson we can learn from soldiers is you can change your behavior or control yourself in the influence of external stimuli.

- Don't take or make any decisions under stressed situations. · If your friend or any relative is addicted to any drug abuse, then be supportive and help them to get out of it. Motivation, emotions is necessary to recover from drug abuse. · War is a stressed situation; it's not easy to live alone without family, many soldiers return from war with post-traumatic conditions.
- The environment is the important factor, for example, if you want to learn something new then surround yourself with the things related to that.