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**ASPEN
Answers**
by Richard Zabriskie, MSW,
LCSW, SAC

**ADDICTIVE
CHOICES**

While it would seem that no one would choose to become a drug addict, some people may lack the ability to realize that if they keep taking drugs, they will become addicted. That is to say that addiction may be a decision-making disorder. Addicts may not be able to make the right choice because the part of the brain known as the ventromedial prefrontal cortex does not work properly. This may help explain why drug addicts continue to use drugs in the face of rising consequences.

If the prefrontal cortex does not work properly, the "brakes" necessary to prevent dangerous behavior may be lacking. There is hope in the fact that cognitive psychotherapy can help patients with decision-making problems.

If you are early in your drug use pattern, psychological testing or psychiatric medications may offer some positive direction and treatment may interrupt your path of self sabotage before it is too late. If you are further in your process, our caring staff may help you interrupt the pattern before you become a casualty. Please call our compassionate staff at 608-742-5020. Our address is 2639 New Pinery Road, Suite 1 in Portage.

P.S. Drug addiction may be associated with the inability to hold a job, maintain relationships, and chronic health risks.

ASPEN
Family Counseling
www.aspenfamilycounseling.com