

Spirituality and addiction in relation to recovery process

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Psychoactive drug use has been intertwined with spirituality throughout history. Societal views on drug use and problems often have been rooted in spiritual/religious perspectives. Addiction is a multifaceted and complex phenomenon, defying reduction to any singular cause or manifestation. If one is to take seriously the spiritual dimension as an integral factor in its etiology, development, and treatment, then the nature of the human condition in relationship to God is a central consideration. The spiritual assessment may indeed reveal that the components of a healthy spirituality, may either be missing or severely distorted. Addiction beliefs may be related to treatment outcome and self-efficacy regarding abstinence and controlled drinking and/or substance use goals.