Writing

A significant number of people is struggling with certain addictions. Write an essay suggesting ways to deal with the problem. Your essay will be published in the school magazine.

Suuggested answer (Ενδεικτική απάντηση)

There are many problems facing modern societies with addictions being a fast-growing concern, especially among the younger generation. It is, therefore, important that people struggling with addictions receive help. There are numerous ways this can be achieved.

First of all, it is essential for the addict to acknowledge the addiction, since one cannot start to solve a problem unless they accept it. Receiving support plays a crucial role because the addict may need a lot of emotional and psychological encouragement. This means that the addicts’ families have to stand by them and support them, no matter how angry and frustrated they may be at the addicts’ behavior.

Another way of addressing the problem is to join a support group. Trained therapists can explain the reasons and special situations which trigger the addiction to the addicts so that they can observe and control such situations in the future. In the long term, life skills training can prove invaluable into enabling addicts to effectively handle issues and problems commonly encountered in daily life without resorting to the addiction.

The obvious conclusion to be drawn is that addicts need a strong support network to overcome the addiction. Families, friends and specialists can be part of this network, and the battle can be won with determination and strong will.