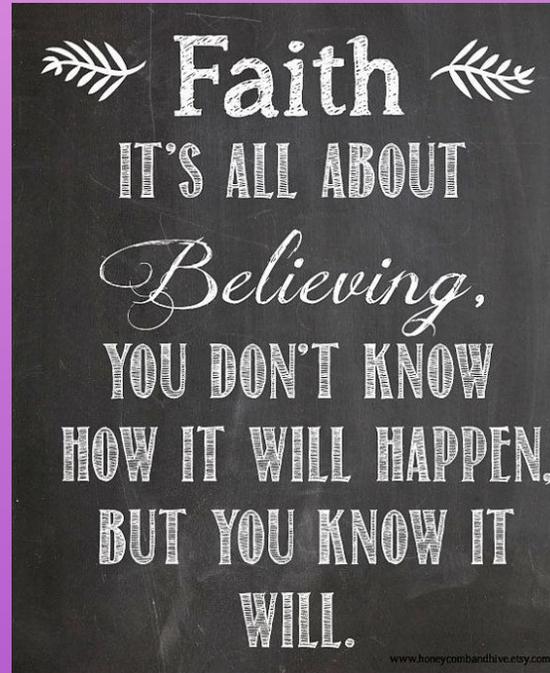


وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ
فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

"WHEN MY SERVANTS ASK YOU ABOUT ME, TELL THEM I AM QUITE NEAR; I HEAR AND ANSWER THE CALL OF THE CALLER WHENEVER HE CALLS ME. LET THEM LISTEN TO MY CALL AND BELIEVE IN ME; PERHAPS THEY WILL BE GUIDED ARIGHT." (QURAN, SURATUL BAQARAH:186)

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes. Drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use becomes more frequent. For others, particularly with opioids, drug addiction begins with exposure to prescribed medications, or receiving medications from a friend or relative who has been prescribed the medication. The risk of addiction and how fast you become addicted varies by drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. As time passes, you may need larger doses of the drug to get high. Soon you may need the drug just to feel good. As your drug use increases, you may find that it's increasingly difficult to go without the drug. Attempts to stop drug use may cause intense cravings and make you feel physically ill (withdrawal symptoms).

<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>



Anas ibn Malik reported: The Prophet, peace and blessings be upon him, said, "All of the children of Adam are sinners, and the best sinners are those who repent." Sunan al-Tirmidhī 2499



SUBSTANCE ABUSE

There's light at the end of the tunnel

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ يُعْبَادِي الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ
الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

**SAY, "O MY SERVANTS WHO HAVE TRANSGRESSED AGAINST
THEMSELVES [BY SINNING], DO NOT DESPAIR OF THE MERCY OF
ALLAH. INDEED, ALLAH FORGIVES ALL SINS. INDEED, IT IS HE WHO
IS THE FORGIVING, THE MERCIFUL."**

Everyone has a personal struggle to overcome. This is considered jihad of the nafs - the struggle of ones ownself to overcome difficulties. The first step to solving a problem is acknowledging that there is a problem. Next, we have to be sincere in wanting to change for the better. Along the road to recovery, there will be more trials to face. Recovery is not an easy road, but it's possible and you can do it!

When you have an addiction, your body is not limited to the substance you're addicted to. Your body is altered and you become confused, agitated, drowsy, and less attentive. Your memory lacks, you become depressed, have slurred speech, and lack coordination.

It's your life. Take control of it. Don't let addiction determine who you are and what you do. It's not too late. Self-determination is powerful and it's just what you'll need to succeed. Seek whatever help you need. Remove yourself from the environment leading you to resort to substance abuse.

What Now?

1. You are not alone in this. Millions of others are experiencing what you are facing.
2. Allah is Merciful and wants those who have wronged themselves to turn to Him and ask for forgiveness. Just do it. You will feel so much better. Don't tell yourself that you do not deserve His Love and Compassion. Allah has given Himself the Name, The Most Compassionate. Believe in Him.
3. Seek all the help you need. There is nothing wrong with seeking medical attention, therapy, help from someone who cares, or any other way that pleases Allah.
4. Keep your intention on track. Don't lose hope. The road to recovery can be overwhelming, but it's worth all you got. Put your 100% towards yourself.
5. Make ablution and sujood, even if you are not feeling the connection with Allah. He is there for you.
6. Tell yourself constantly, "I can do this. I can do this. I can do this."
7. If you have hurt anyone along the way, apologize.
8. Fall down in prostration. Allah has commanded us to do so. Recent studies prove the power of prostration-earthing or grounding- has numerous benefits.