

Medicine :: Dependencies

Sébastien WILMET

swilmet@mailfence.com

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Introduction

The following text describes what I understood (but I'm not a doctor) about dependencies, and includes my own understandings and unanswered questions about the subject.

I've never heard about innate versus acquired dependencies; it was my own reasoning.

Note, of course, that you can use a substance without being addicted to it directly afterwards. It depends on the quantity used, the frequency, etc. Everybody is also different and react differently when taking new substances.

By sharing my brain dump here, I hope it can be useful to other people. Worst case, it has been useful for me to write down these notes.

1 Physical versus psychological dependencies

1.1 Physical dependency

Basically, if we stop taking a substance for which we are physically dependent, we will have symptoms.

Examples:

- Water;
- Food;
- Alcohol.

Water and food are essential. Alcohol dependency widely differ from one person to another.

1.2 Psychological dependency

For a psychological dependency, if we stop we will never die from it¹.

Or — at least — privation will never be the direct or main cause of death.

Examples:

- Video games;
- Movies and TV shows;
- Pornography.

2 Innate versus acquired dependencies

2.1 Innate dependency

After birth, all human beings have (probably) the same list of innate dependencies.

Examples:

- Water: we need to drink water;
- Food: we need to feed ourselves correctly² (human beings are omnivorous beasts).

2.2 Acquired dependency

A substance for which we are dependent, but it was initially not the case.

Example:

- Alcohol.

Some people become so addicted to this substance that if they (suddenly) stop, they will die (after having a delirium tremens first).

There is also the great question of what happens to the “little thing” inside the mother’s belly during the 9 months before birth. It depends on two factors: whether the woman is physically addicted to alcohol, and whether she drinks alcohol during pregnancy. Would it be possible that a physically-addicted woman who doesn’t drink alcohol during pregnancy induce an ill-being feeling to the baby, even after birth?

So, as far as I know, an alcohol dependency is not encoded in our genes. If yes, it would mean that living creatures mutate their DNAs progressively (from parents to children), during millenniums, to the point that an acquired dependency eventually becomes an innate dependency. But it’s never either white or black, it’s a gray-scale, I suppose. And of course it really depends on the quantity of alcohol drunk. But I digress.

Conclusion and recommendations

Take care of yourself, don’t exaggerate. All excess hurt to the health.

Don’t hesitate to get help if needed! Good support is essential.

(I’m not talking about water here, but other substances that are more and more ubiquitous).

¹It’s my own definition. But it permits to reassure somebody who wants to stop.

²Good food makes good people.