

INGLÊS

Text by **Nick Barton, MA, MFCC, Chief Executive of Clouds.**

This is a question that researchers have grappled with for some time. As yet there is no definitive answer. No one has discovered a singular cause for the effect we call addiction.

Obviously if people did not drink alcohol, use drugs, gamble or indulge in other potentially addictive behaviours they would not become addicted. The curious fact however is there are some people that do it without falling into addiction.

How does the potentially compulsive relationship to a substance or behaviour get its start? People take drugs, for instance, because of what drugs do to them. They have a marked effect on the body and mind. If there were no effect, no pay off, people would be unlikely to repeat the experience. No one though, as far as I know, sets out to become addicted.

Crucially, substances and certain behaviours change the way we feel. If they make us feel better, relax us, give us a lift, make us feel powerful, energise us, excite us, let us escape, make the world go away, bring relief and so on we tend to go back to them. However, in some people those experiences uncover a powerful attraction. What can start out as casual experimentation, normal social behaviour or even doctor prescribed can lead to repeating the behaviour more frequently and with greater quantities involved. The more you do the more likely you are to do more. Following the psychological shift to dependence ("can't do without"), the brain's chemistry may start to adapt, demanding ever more of what it has grown used to and fiercely resisting the discomfort of withdrawal. The behaviour takes on a self-perpetuating life of its own.

So what makes some people more susceptible? There may be a genetic pre-disposition and this theory, with some evidence now to support it, makes sense especially since addiction crosses social divides. However, the jury is still out on that one.

There are cultural and social factors that put people at greater risk. For instance, you are far less likely to become alcohol dependent growing up in a country where alcohol consumption is unacceptable than where it is a normal part of everyday life. Growing up in a family where there is alcohol or drug abuse increases the risk. This is also the case for people who suffer childhood trauma, abuse and neglect. Poverty, a lack of education and unemployment can also increase the risks. If your environment is stressful and you feel unable to change it you may turn to substances for relief. Significant life events may contribute. If your inner world is in turmoil, you may turn to substances as medication to feel better. People who do not receive adequate nurture as children or who are more emotionally sensitive may be more susceptible. It is not inevitable that these factors will always lead to substance misuse or dependency or any other addictive behaviour but they can increase vulnerability.

13 Um título apropriado para o texto é

- a) Por que as pessoas se tornam adictas?
- b) Crianças maltratadas hoje, viciados do amanhã.
- c) Prós e contras das dependências físico-psicológicas.
- d) A cura das dependências físico-psicológicas está próxima.
- e) Nenhuma das alternativas anteriores.

14 Na linha 2, a expressão "As yet" pode ser substituída por

- a) Moreover.
- b) In spite of.
- c) Until now.
- d) Regardless of.
- e) Afterwards.

15 Nas linhas 18 e 19, o pronome oblíquo "us" refere-se

- a) aos dependentes em geral.
- b) aos cientistas envolvidos com o estudo das dependências físico-psicológicas.
- c) aos viciados em jogo.
- d) aos compulsivos.
- e) à população em geral.

16 Qual dos seguintes itens **não** corresponde textualmente a uma provável causa de dependências físico-psicológicas?

- a) Genetic pre-disposition.
- b) Lack of vitamins and proteins in childhood.
- c) Growing up within a dysfunctional family.
- d) Childhood trauma, abuse and/or neglect.
- e) Emotional problems.

17 "If your inner world is in *turmoil*, you *may* turn to substances *as* medication to feel better." (linhas 47 - 49). Os três vocábulos destacados expressam respectivamente, a idéia de

- a) característica, probabilidade, exemplificação.
- b) quantidade, exemplificação, probabilidade.
- c) característica, improbabilidade, exemplificação.
- d) característica, improbabilidade, ilustração.
- e) quantidade, probabilidade, exemplificação.

18 Em síntese, podemos dizer que o texto trata sobre

- a) a busca pela cura das dependências físico-psicológicas;
- b) os últimos avanços da medicina no tratamento de dependentes físico-psicológicos em geral;
- c) as possíveis causas das dependências físico-psicológicas em geral;
- d) crianças de famílias com histórico de drogadição, em geral, compõe o maior número de viciados;
- e) Nenhuma das alternativas anteriores.

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