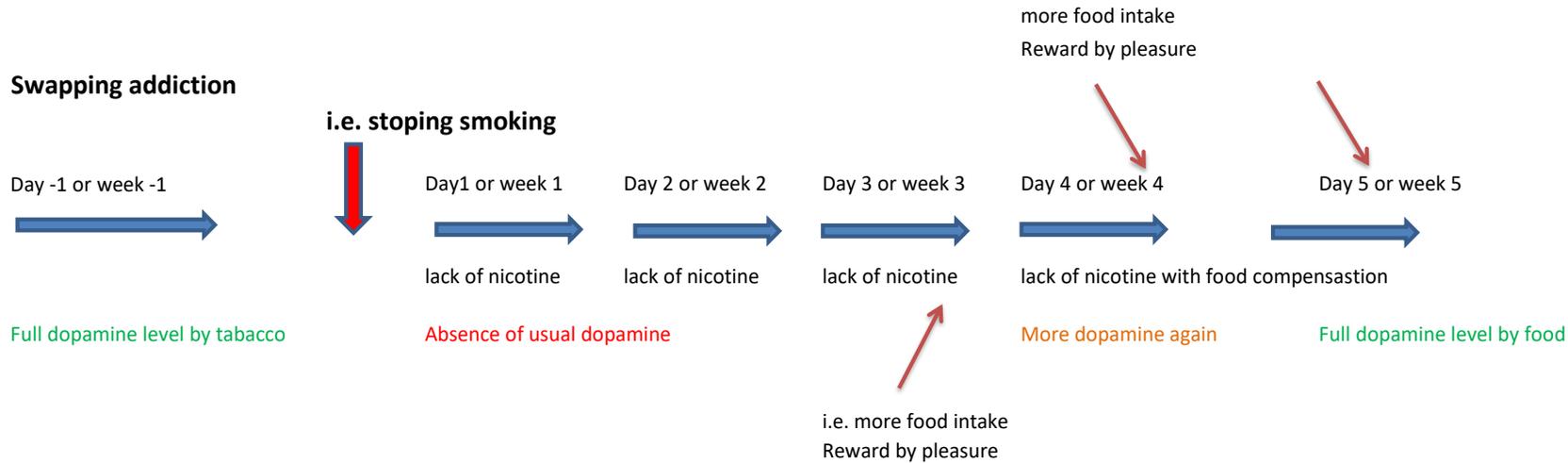


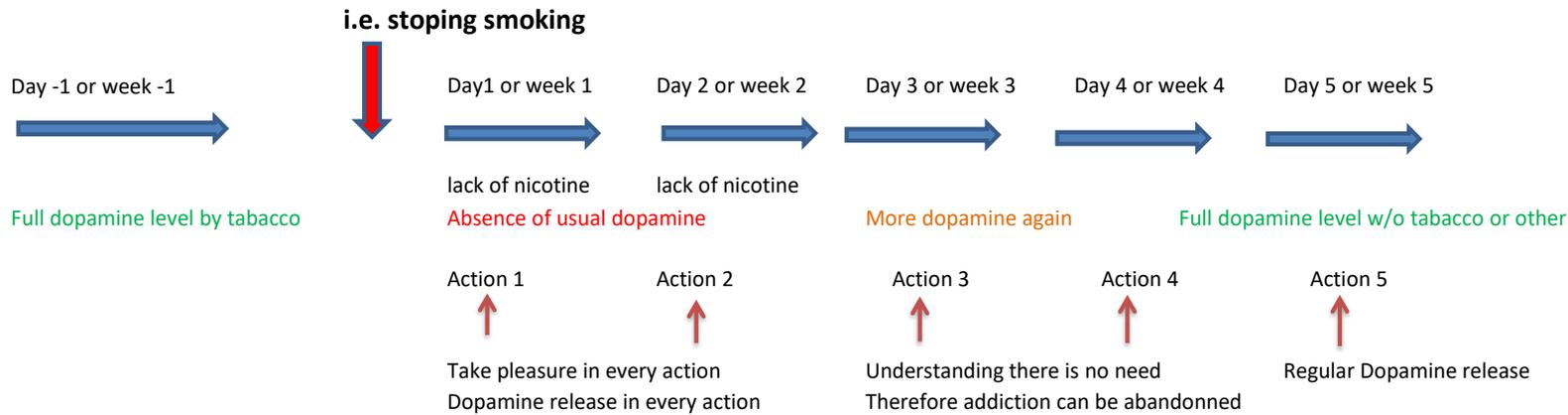
STOPPING AN ADDICTION : THE DANGER OF SWAPPING ADDICTIONS vs. LEARNING TO ENJOY LITTLE THINGS IN LIFE

Swapping addiction



The addiction is not solved but only replaced by another substances creating reward

Clearing addiction



**No need for an extra reward
Addictions can reduce or disappear
Pleasure is present all the time
When joy and pleasure are found
in one or more new activities**