

MYTH VS REALITY

- Unveiling Recovery Misconceptions -



MYTH

Only weak-willed people get addicted.

Punishment is the best way to handle addiction.

Stigma isn't a big deal for recovery.

Stigma only affects the individual.

Stigma around addiction is only public.

Once addicted, always addicted.

FACT

Addiction can affect **anyone**.

Addiction is a medical condition.

Punishment often **exacerbates** the problem.

Supportive & rehabilitative measures address the **root** causes of addiction and lead to better long-term outcomes.

Stigma is a **major barrier** to seeking help and treatment.

Stigma impacts families, communities, and **public health**.

Stigma can be private, **self-imposed**, and structural.

Recovery is **possible** with the right support and treatment.

