

A PRACTICAL BREAKDOWN OF THE PROGRESSION

Understanding the Journey from Influence to Imprisonment

FOOTHOLD > HABIT

TIME: Days to Curiosity

- Initial, infrequent engagement
- Regular, intentional use
- Comfort & perceived benefit
- Integration into routine

HABIT > PATTERN

TIME: Weeks to Months
Months to Years

KEY INSIGHT:

The progression is subtle & incremental. Early intervention is crucial.

PATTERN > STRONGHOLD

- Difficulty in stopping/reducing
- Increased tolerance/need

STRONGHOLD > BONDAGE

Loss of control, compulsive behavior
Years to a Lifetime

STAGE	TIME	CHARACTERISTICS
Foothold = Habit	Exposure, Infrequent use	
Habit = Pattern	Regular use, Comfort	Months of Condoning
Pattern = Stronghold	Difficulty stopping	Lost of control, Compulsion

PRACTICAL RECOMMENDATIONS

- Self-awareness & reflection
- Establish healthy boundaries/coping
- Professional help (therapy, support groups)