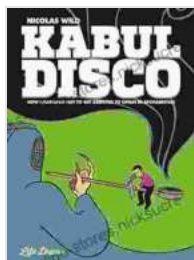


# How I Managed Not to Get Addicted to Opium in Afghanistan



## Kabul Disco Vol. 2: How I Managed Not to Get Addicted to Opium in Afghanistan

★★★★★ 5 out of 5

Language : English

File size : 206112 KB

Print length : 163 pages



In 2009, I was deployed to Afghanistan as a soldier in the United States Army. As a combat medic, I was responsible for providing medical care to my fellow soldiers. During my time in Afghanistan, I was exposed to opium, a drug that is widely used in the country. I saw firsthand how opium can destroy lives, and I am grateful that I was able to avoid becoming addicted to it.

Opium is a powerful drug that is derived from the poppy plant. It is a depressant that can cause euphoria, relaxation, and sleepiness. Opium is also highly addictive, and it can be difficult to break free from addiction.

I was first exposed to opium in Afghanistan when I was treating a wounded soldier. The soldier had been shot in the leg, and he was in a great deal of pain. I gave him morphine, a powerful pain medication that is derived from opium.

The morphine worked quickly to relieve the soldier's pain. I was amazed by how effective it was, and I began to wonder if I could use opium to ease my own pain.

I was under a lot of stress at the time. I was working long hours in a dangerous environment, and I was seeing a lot of death and destruction. I thought that opium might help me to relax and to forget about my problems.

I never actually tried opium, but I came close on several occasions. There were times when I was so stressed out that I felt like I couldn't go on. I knew that opium could help me to escape from my pain, but I was also aware of the risks involved. I didn't want to become addicted to a drug that could ruin my life.

In the end, I decided to avoid opium. I knew that it was a dangerous drug, and I didn't want to risk becoming addicted. I also knew that there were other ways to cope with stress, such as talking to a therapist or exercising.

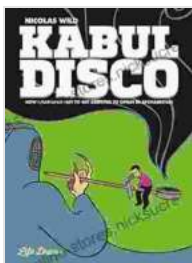
I'm glad that I made the decision to avoid opium. I know that it would have been easy for me to become addicted, but I'm grateful that I was able to stay strong.

Here are some tips for avoiding opium addiction:

- **Be aware of the risks.** Opium is a powerful drug that can be addictive. It is important to be aware of the risks involved before you use it.

- **Set limits.** If you do decide to use opium, set limits for yourself. Don't use it more often than you need to, and don't take more than the recommended dosage.
- **Talk to someone.** If you are struggling with opium addiction, talk to someone who can help you. A therapist or counselor can help you to understand your addiction and to develop strategies for overcoming it.

Opium addiction is a serious problem, but it is one that can be overcome. If you are struggling with opium addiction, please know that there is help available. You don't have to do this alone.



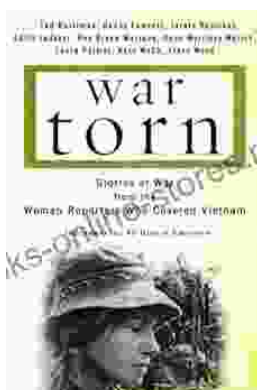
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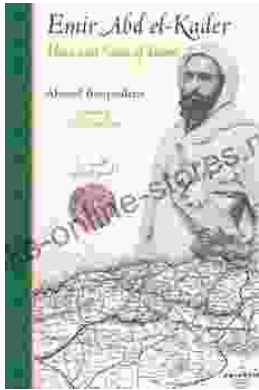
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