The processes of achieving abstinence

Influenced Factors: if not mastered, the attempt can fail

Turning Point
Falling into personal nadir
Self-belief and acceptance
Idea of change and self-rescue

Strength from others’ support
Self-help and helping others
Ongoing Process
Self-prompting

IAA cycle
Indulgence Stage
Attempt Stage
Ambivalence Stage

Influencing Factors
Self-testing for abstinence effects
Struggle against physical and psychological dependence
External temptation

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