

**Literature and Coping Skills**  
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**Lecture 35**  
**Charles Baudelaire, “Be Drunk”**


Hello, everybody. I am Ajit K Mishra, your course instructor for Literature and Coping Skills. In my last lecture I told you that I will be back with some other lecture on this segment that is taming substance abuse. In my last two lectures on this particular module I talked about the menace of substance abuse from a variety of perspectives including psychological, neurobiological, cultural, social and various other perspectives as well.

By now you must have gathered some critical information on how substance abuse is a major global problem and how we all need to wake up this challenge, so that we can devise important behavioural patterns with the help of which we can overcome this problem, we can tame the menace that is called substance abuse.

So, to carry forward this particular discussion I am going to talk about Charles Baudelaire’s “Be Drunk,” a very positively attuned piece of poetic composition that will help us not only take a complete perspective shift, but also look at and explore different possibilities about life. So, let us start.



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## Taming Substance Abuse



- The Culture of Escape: Elusion or Illusion? -I
- The Culture of Escape: Elusion or Illusion? -II
- Charles Baudelaire, "Be Drunk"
- Charles Bukowski, "The Suicide Kid"

Image Source: Thenounproject

As I have already told you I am going to focus on Charles Baudelaire's "Be Drunk" and when I walk you through that particular poetic composition, I will be talking about the various coping skills and strategies that the speaker in that poetic composition, in fact, shares or with us, when we walk along with the speaker, when we listen to what the speaker says we will get to know the kind of coping skills and strategies that are contained in the speech in the thoughts and ideas of the speaker. So, let us take a look at each of these components.

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## The Reward System



Image Source: Researchgate




Before I can take you to Charles Baudelaire's "Be Drunk," I want to walk you through certain very important aspects associated with how we approach the whole issue of substance abuse and drug abuse. We need to start with the reward system. As you all know the reward system is one of the most important brain systems, because it directly impacts how we experience pleasure, how we preserve our memories of those pleasurable experiences, how we feel motivated and how all these things together finally influence how we behave.

So, therefore, it is very important that we understand the reward system extremely well, so that we can devise certain ways, certain strategies, and cultivate certain skills for our well-being. When you take a look at this diagram you find several brain regions starting with the Ventral Tegmental Area or the VTA, the hypothalamus, the amygdala, the prefrontal cortex, the nucleus Accumbens and the striatum, all these areas are in fact influenced by the release of the pleasure chemical that is dopamine.

Dopamine plays a very very important role in all these areas, because it is dopamine and the communication of dopamine via neurons and neurotransmitters because of which we experience pleasure, we get motivated to repeat the same behaviour in order to ensure the same kind of rewards for us. Therefore, it is important that we understand these things extremely well, especially the reward system extremely well.

So, when it comes to the reward system human actions are driven by two things, first the bare necessities, like food, sleep, avoidance of pain and then rewards, any object, event or activity can be a reward if it motivates us, causes us to learn or elicits some pleasurable feelings in us. So, the reward system is one of the most important systems in the brain as I have already told you, it drives our behaviour towards pleasurable stimuli such as food, sex, alcohol and a variety of other things.

And it also drives us away from painful ones, in one of my previous lectures I have talked about this pleasures seeking and pain avoiding nature of humans and that is exactly why it is so because of the reward system which recognizes pleasurable feelings, experiences only, it does

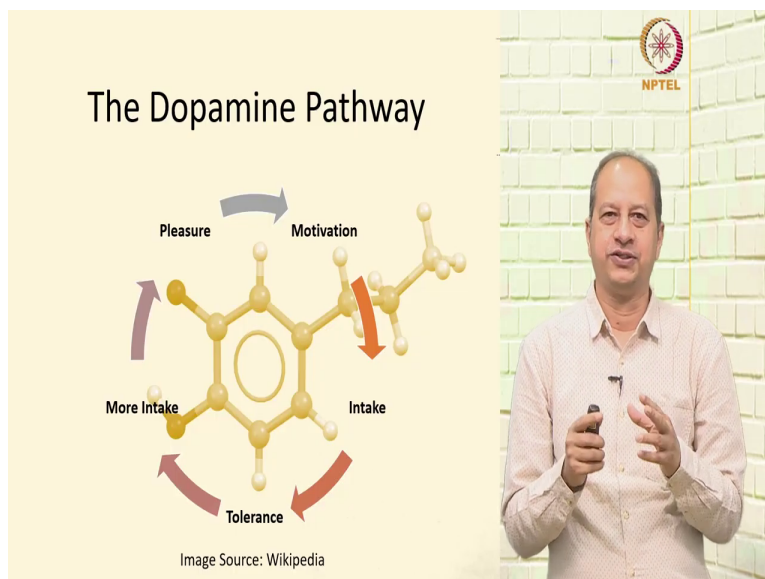
not recognize or it does not reward painful experiences, because painful experiences do not necessarily lead to the release of dopamine.

Although in my last lecture I talked about a contemporary research that has talked about the release of dopamine in experiences of pain as well, so that way this is, in fact, brought to question, but we still know that our brain's reward system rewards those activities that induce a pleasurable feeling in us. So, a brain has its own reward system when we do certain things the brain rewards us by making us feel good.

So, the brain reward system is a brain circuit as you can take a look at the diagram and get to know it, the causes feelings to give us pleasure when it is turned on, so whenever this reward circuit is activated because some of our experiences gives us a feeling of pleasure, our brains note that something important is happening that is worth remembering and repeating, that is very very important.

So, once our brain recognizes that something is giving us pleasure, it also tells us that it is worth remembering that particular thing, so that we can repeat it. And every time we repeat similar behaviours or similar actions, the brain will continue to reward us and we will continue to feel good, so that is why the reward pathway or the reward mechanism or the reward system is very very important for us to understand.

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So, that brings us to a very interesting and very important thing: the dopamine pathway, in the last image that I showed you, you might have taken note of the dopamine and the area where it is released, so that is the VTA, the Ventral Tegmental Area. So, the dopamine pathway is very very important for us to understand. So, it all starts with a feeling of pleasure that leads to the release of dopamine in us, more pleasure more dopamine.

So, the moment we experience a something that gives us a feeling of pleasure that leads to some kind of motivation for us because now we know, now our brain recognizes that that particular action can lead to rewarding our feelings or pleasurable feelings, so therefore we have a motivation to repeat, remember and repeat the same actions and when that happens we go to the intake method.

So, when we try to understand the whole mechanism through the perspective of drug abuse or drug use in the beginning as it is actually seen, we can make sense of it properly. So, whenever we derive pleasure we are motivated, therefore you remember and then we repeat, so when that happens we try to repeat the same behaviour, it is either through the intake of any drug that will lead us to the same kind of pleasurable feeling or it may be something without the drug as well.

But in either cases it is all about the intake that is consuming something repeating, something that will lead us to pleasure again, so that is the basic cycle, so it starts with pleasure then we


remember, repeat, we feel motivated to do so and then we repeat it so it leads to pleasure again, but that is not the only cycle, the cycle gets extended and gets modified over a certain period of time and right now you can see the modified cycle.

When we repeat such behaviours that will give us pleasure, of course, but after a few repetitions that will not give us any more pleasure, because we will develop some kind of tolerance towards it. So, drug tolerance and when that happens the same drug that once used to give us a lot of pleasure will not be able to give us that high. So, what do people generally do? They go for more and more consumption of the same drug, they increase the amount of intake.

So, when the amount is increased that leads to more and more pleasure, so one can always overcome the tolerance problem with an increase in the uptake, so that happens and then more intake an increase in the intake consumption, so when it is more intake then you get the pleasure. And then again motivation then the intake and tolerance more intake, so it goes on like this.

So, the dopamine pathway that tells us that this is a pleasure cycle of the brain, also one such that after a few such cycles there will be no further pleasure. Therefore, it is very very important that we understand this dopamine pathway, so that we do not fall into the dopamine trap, which is very popularly called pleasure trap. So, the dopamine trap, the pleasure or chemical trap.


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## Addiction

- An addiction is a chronic dysfunction of the brain system that involves reward, memory, and motivation
- It is about the way our body craves a substance or behavior, especially if it causes a compulsive or obsessive pursuit of “reward” and lack of concern over consequences

Credit: Healthline



And that brings us to a very big problem that we have been talking about, which is addiction. So, as we all know an addiction is a chronic dysfunction of the brain system that involves reward, memory, and motivation. So, it is a chronic dysfunction. It is not that somebody experiences acute or one time dysfunction of the brain way into certain things that may not be classified as addiction.


So, because addiction is all about the way our body craves a substance or behaviour, especially if it causes a compulsive or obsessive pursuit of reward and lack of concern over consequences. So, therefore it is very important that we understand these aspects of addiction, so that we do not confuse habit or bad habit with addiction. Most often people tend to do that, because people say habits die hard and so also addictions, but that does not make them similar to each other, they are quite different from each other.

So, in addition the brain mechanism is altered, it becomes dysfunctional, but in habits that does not necessarily happen, so therefore it is important that we also understand this distinction; so that is the reason why many people have a rather archaic view of the nature of addiction and the tend to confuse habit for addiction. And then that is not the fact, addiction is in fact, an

overwhelming compulsion, based in the alteration of brain circuits that normally regulate our ability to guide our actions to achieve our goals.

So, once the brain circuits that are responsible for these activities get completely altered, completely changed, that can be termed as an instance of addiction. So, addiction also leads to continued use of a substance or continuation of a behaviour despite extremely negative consequences, so therefore, one needs to be very very careful about not confusing habits for addiction.

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## Addiction: Symptoms

A person experiencing an addiction will:

- be unable stay away from the substance or stop the addictive behavior
- display a lack of self-control
- have an increased desire for the substance or behavior
- dismiss how their behavior may be causing problems
- lack an emotional response

Credit: Healthline

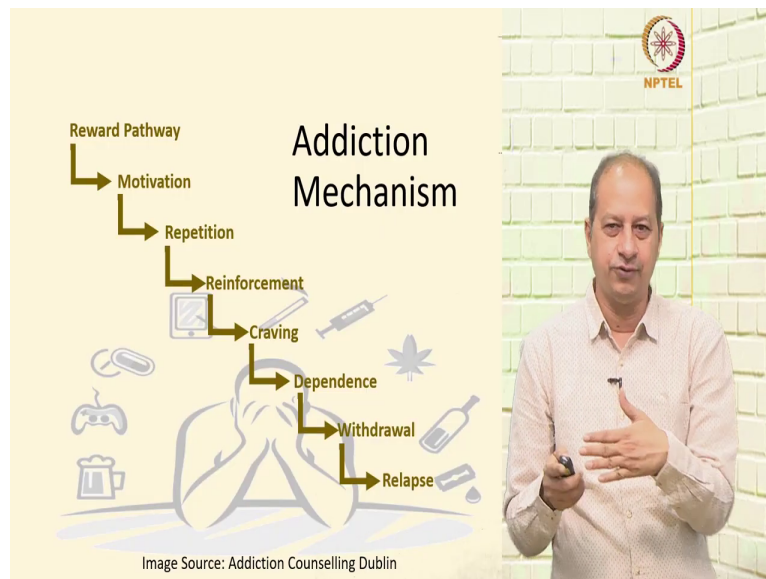


So, addiction has a few symptoms, for example, starting with this inability to stay away from substance or stop addictive behaviour, you always drawn towards that particular substance, lack of self-control, because of the impact of that particular substance or drug on certain brain regions, we lose control over our self and then we experience an increased desire, for that particular substance or behaviour, we cannot help ourselves because once the brain reward pathway is altered because of drug invasions, the brain will demand more and more pleasure.

And if a person continues to consume more and more drugs that will also lead to tolerance, which will block the pleasure channels, so the person will not derive any more pleasure, but the desire to continue such behaviour or to consume that particular substance will be as strong as

ever. So, such people also dismiss how their behaviour may be causing problems there, they are not prepared to accept. But their behaviour might be causing a great amount of problems to themselves and other senses you know and then finally lack of emotional response because one begins to experience emotional numbness under the spell of substances.

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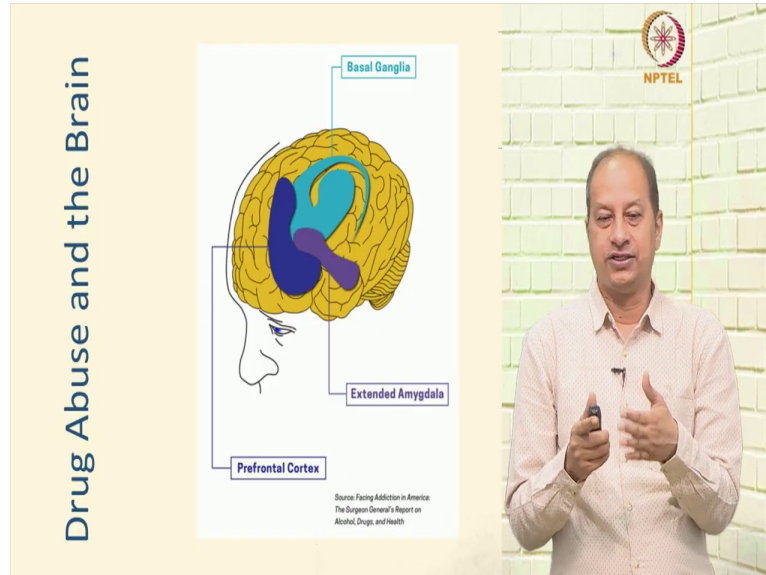
So, if we can sum up the addiction mechanism we can start with the reward pathway as I talked about, which involves the pleasure or chemical dopamine and as the dopamine level increases in the brain, it of course, ensures greater amounts of pleasure for us, but then that also increases a greater amount of hunger for pleasure, so that will ultimately alter the reward pathway, so the reward pathway leads to motivation and motivation leads to repetition.

So, motivation to repeat the same behaviour so that we can continue to receive some similar rewards and then that particular action will lead to reinforcement, that particular behaviour will be reinforced, so that is exactly what we call the addiction point, because that particular behaviour is reinforced now therefore it is an addiction, so that will lead to craving, that will cause problems, that will keep the person on their toes forever and that will lead to dependence.

Now, the addiction level gradually increases and they also lead to withdrawal symptoms once a person begins to stay away from that addiction, the substance of addiction. So, withdrawal

symptoms and then finally it will also lead to relapse, so people may not be successful withdrawing from the substances, so because they will probably relapse into the same overall condition, so that is the addiction mechanism. So, it leads to problems, after problems, it does not lead to any solution.

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So, that brings us to drug abuse and the brain. It is very very important for us to understand which brain regions are in fact severely altered or influenced by the impact of drug abuse. So, these are the three important brain regions, the prefrontal cortex or the most important brain regions and then the basal ganglia and this extended amygdala. So, these are the three regions that get severely affected by substance abuse or drug abuse.

So, as you can see the basal ganglia plays a very important role in positive forms of motivation, including the pleasurable effects of healthy activities like eating and socializing, so when a person begins to take drugs, those drugs overactive of it this particular circuit, thereby producing euphoria of the drug high, so it is kind of exogenous drug that will lead to some kind of euphoria and high. So, as a result of which such people experience such highs.

But the problem is with repeated exposure to such substances this particular circuit adapts to the presence of the drug and therefore it diminishes the sensitivity and makes it hard to feel pleasure from anything besides the drug. So, it will become sensitive and it will become extremely hard to feel the pleasure from anything else except that drug. So, therefore, it will continue to demand that particular drug, that particular substance, so the basal ganglia will be severely altered.

And then the extended amygdala as you can see in the diagram, this particular brain region plays a very crucial role in stressful feelings like anxiety, irritability and unease, which generally characterized or withdraw after drug high fades and thus motivates the person to seek the drug again. So, this particular circuit becomes increasingly sensitive with increased drug use. And over time a person with substance abuse disorder uses drugs to get temporary relief only from the discomforts and that will not lead to any high, any further, because this particular region part of the brain will be severely altered and affected, that is a reason.

And you can look at the third part that is the most important brain regions the prefrontal cortex. It powers our ability to think, plan, solve problems, make decisions and exert self-control over impulses, otherwise we will tend to become impulsive every now and then if we lose that self-control and that comes to us from the prefrontal cortex.

So, shifting balance between this circuit and the circuits of the basal ganglia and extended amygdala will make a person with a substance abuse disorder seek the drug compulsively with reduced impulse control and that explains why people lose self-control once they begin to indulge in substance abuse. They become extremely impulsive, they have either been impulsive or they develop that particular personality trait under the impact of substances; so that is why it is very important for us to understand how all these brain regions get severely affected under the impact of drug or substance abuse.

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So, that brings us to something very very interesting and something positive, something optimistic, something bright and that is called positive addiction. So, you may be surprised to hear about how addiction can be positive because addiction has already received or acquired a negative connotation. So, whenever the word addiction is used, people generally think about the negative addiction or addiction with its negative impacts.

But positive addiction is possible, any anything that gives you a positive feeling and motivates you to repeat that particular action can lead to positive action, so I can take you back to the dopamine pathway, so anything, whether it is a drug or substance that gives you a pleasurable feeling or any other positive action that also gives you a pleasurable feeling, if somebody repeats such behaviour or actions that will continue to give pleasure to the person.

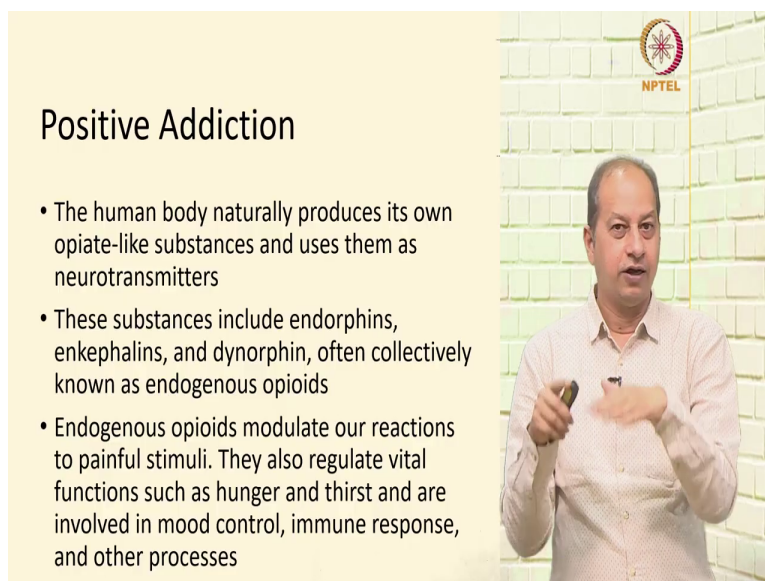
So, positive addiction is quite possible, but before I talk about positive addiction, let me show you this image again so that you can understand the difference between the natural substances or drugs that our brain produces in our body, so that it can take your of the neurons is generally released whenever we engage in activities similar to those on the left, like eating food.

So, dopamine is also released and we feel the pleasure, but when it comes to the comparison with something that induces a greater amount of pleasure like cocaine, which is visible on the image

on your right, you can see that the document gets enhanced in such a manner that it leads to a greater high. So, when we offer a comparison between the kind of pleasure that we derive while engaging in natural activities or activities that lead to the release of natural substances in the brain and those activities that have been induced because of some exogenous substances like cocaine, there is a difference.

So, drugs of use actually increase dopamine therefore the pleasure level also goes up and we experience a high, every now and then and every time we consume any such exogenous drugs. But that does not mean that we cannot have positive addiction, we cannot derive pleasure from non-substance activities or non-drug activities, we do in fact and derive pleasure from non-substance activities.

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### Positive Addiction


- The human body naturally produces its own opiate-like substances and uses them as neurotransmitters
- These substances include endorphins, enkephalins, and dynorphin, often collectively known as endogenous opioids
- Endogenous opioids modulate our reactions to painful stimuli. They also regulate vital functions such as hunger and thirst and are involved in mood control, immune response, and other processes

The human body naturally produces its own opiate-like substances and uses them as neurotransmitters; so that is very very interesting and that is exactly now where we can see a chance for such highs, in the absence of exogenous drugs or substances. So, these substances, these natural opiate-like substances that are produced in the brain include endorphins, athletes, sports persons, experiences in a large amount and then enkephalins and dynorphin and all these

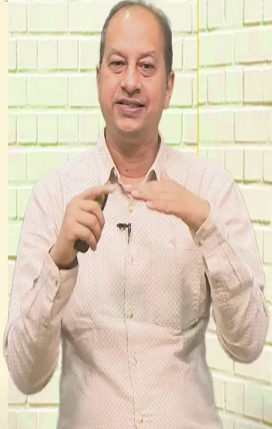
things are collectively known as endogenous opioids, endogenous because they are produced within, they are not exogenous, they do not come to us from outside.

So, these endogenous opioids in fact modulate reactions to painful stimuli and they also regulate vital functions such as hunger and thirst and are involved in mood control, immune response and other processes, so they do a lot of things for us. So, unless somebody is obsessed with a greater high there is no need for any drug consumption or substance consumption.

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- A concept that some activities in which a person feels a need or urge to participate, such as meditation or exercising, are positive even though they may possibly become a form of addiction (APA)
- Positive addictions (William Glasser ) are considered healthy therapeutic alternatives relative to negative addictions, such as drug abuse, alcohol dependence, or cigarette smoking
- Unlike negative addictions that foster unhealthy dependence and self-destructive behavior, Positive addictions lead to recurring behaviours that result in independence, heightened self-esteem and an improved quality of life



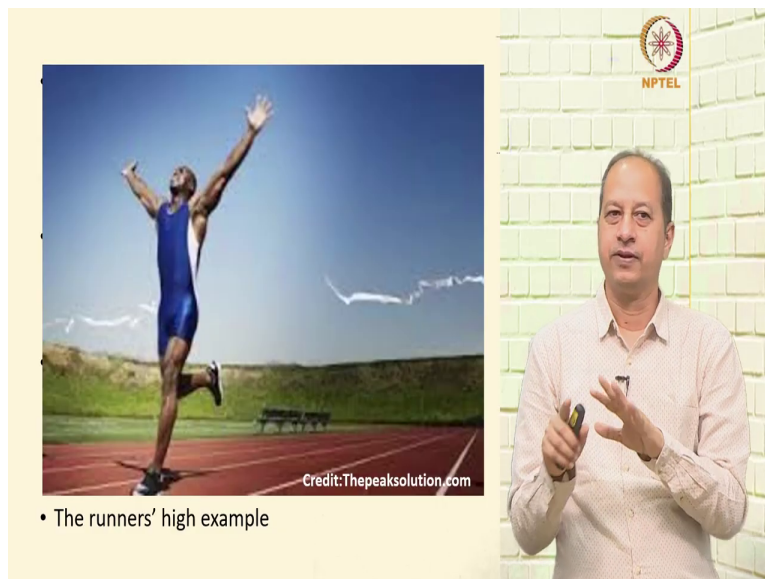
So, when it comes to positive addiction as a relatively new concept, the American Psychological Association defines it as a concept that some activities in which a person feels a need or urge to participate, such as meditation or exercising are positive even though they may possibly become a form of addiction.

For example, you might have come across athletes, sports persons including cricketers who might be practicing bowling, gestures, movements or batting movements even while sitting at a restaurant sometimes while sleeping because they are so much obsessed with that particular thing that it gives us an impression as if they are addicted to that particular action.

They are addicted to it because they derive a lot of pleasure from those activities, so that is the kind of positive addiction which is possible. And then we come to the founder, the profounder of this idea of positive addiction William Glasser. According to him these addictions are considered healthy therapeutic alternatives relative to negative addictions such as drug abuse, alcohol dependence or cigarette smoking.

So, these activities or these addictions are generally used as therapeutic alternatives. And then unlike the negative addictions, which foster unhealthy dependence and self-destructive behaviour, positive addictions lead to recurring behaviours that result in independence, heightened self-esteem and an improved quality of life; so that is the biggest difference between positive and negative addictions.

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So, this is an example of positive addiction. You can see how an athlete experiences a wonderful, a great high after reaching the marks and possibly winning it or winning that race, so the high is as high as the high that is induced by any exogenous substance. So, there is no basic difference between this runner's high and the high that we derive from the exogenous substances. So, this runner's high is a classic example of this positive addiction.

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The slide is titled "Choice Theory and Reality Therapy". On the left, there is a vertical list of "5 BASIC NEEDS" with corresponding icons and descriptions:

- SURVIVAL** (House icon): What you need to sustain life, as well as a sense of safety and security.
- LOVE & BELONGING** (Heart icon): The need to be connected to others. The desire to belong to love and be loved.
- POWER** (Lightning bolt icon): The need to be your best, to matter, to have a legacy to leave as impact to be competent.
- FREEDOM** (Rocket icon): The ability to do what you want when you want without restrictions.
- FUN** (Lightbulb icon): Play, relaxation and meaningful, relevant learning describe how to meet this need.

At the bottom of this list is the logo for "GLASSER INSTITUTE CHOICE THEORY" with the website "www.nghglasser.com".

To the right of the list, there are two bullet points:

- Choice theory (William Glasser) posits that all behaviour is purposeful, and are based on the five basic genetic instructions
- Choice theory says that behaviours we choose are central to our existence and the quality of life

On the far right, there is a video frame showing a man in a light-colored shirt speaking. The background of the video frame is a wall of yellow sticky notes. In the top right corner of the video frame, there is a logo for "NPTEL".


At the bottom right of the slide, the word "Cont." is visible.

So, that brings us to a very important theory and therapy because we actually approach them together as one unit, choice theory and reality therapy developed by William Glasser psychiatrist. So, this choice theory posits that our behaviour is purposeful. We humans do not behave without any purpose. We always have a purpose before we behave in a certain manner. And this particular behaviour or all our behaviours are based on five genetic instructions.

So, this choice theory says that behaviours we choose are central to our existence and the quality of life. So, therefore there is something that we can control and regulate is our behaviour, not the behaviour of others. So, therefore we have a choice of our behaviours, not the behaviours of others. So, these are the five genetic instructions classified by Glasser to propound his choice theory and reality therapy.

So, basic needs start with survival, love and belonging, then power and freedom and finally coming to fun. When you begin to enjoy, you derive a lot of pleasure from the activities that you perform or do, so that is exactly where you can experience that high, even in the absence of substances or drugs.


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Reality Therapy (William Glasser) makes you

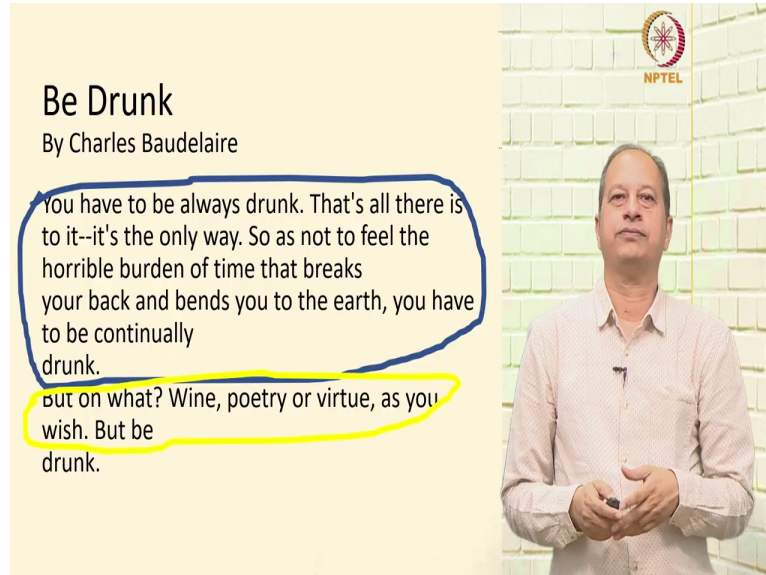
- Focus on the present, not the past
- Avoid discussing symptoms
- Focus your energy on changing your thoughts and behavior
- Avoid criticizing, blaming, and/or comparing themselves to others
- Avoid relying on excuses for your behavior, whether they are legitimate or not
- Make specific plans and smart goals

(William Glasser Institute, 2010)



So, according to Glasser, Reality Therapy makes you focus on the present not the past, because you are connected with the present, that is you are grounded, it also help you avoid discussing symptoms, it will focus on the solutions rather and then it makes you focus on your energy, on changing your thoughts and behaviour, it also helps you avoid criticizing, blaming and comparing yourself to others and then it helps you avoid relying on excuses, for your behaviour, whether they are legitimate or not. And then it finally makes you create specific plans and smart goals, so that is the power of reality therapy which plays a crucial role in positive addiction.

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**Be Drunk**  
By Charles Baudelaire

You have to be always drunk. That's all there is to it--it's the only way. So as not to feel the horrible burden of time that breaks your back and bends you to the earth, you have to be continually drunk.

But on what? Wine, poetry or virtue, as you wish. But be drunk.

So, that brings us to this poetic composition *Be Drunk* by Charles Baudelaire. So, the way you look at this particular poetic composition you can promptly discover that it is a piece of advice, which might appear to be misdirected at the beginning, but once we are through with the beginning the introductory phase will promptly realize that it is a piece of advice. So, it is a kind of instruction or advisory that will help us with positive addiction.

So, when it comes to drinking and getting drunk or remaining in a state of drunkenness that is be drunk, we generally feel that we are trying to avoid several problems or the problems in our lives because we are using that drinking or that substance as a depressant, so that we can help ourselves overcome the problem promptly. So that we can experience numbness and the problems will not continue to disturb us.

But that is not the thing, there is an option, I talked about choice theory and choice therapy, in fact, in conjunction with the reality therapy, the reality is we have a choice therefore we find a choice here, once the introductory phrases over in which the speaker asks us to remain drunk or be drunk, you have to be always drunk that is probably a coping skill which you can develop in yourself.

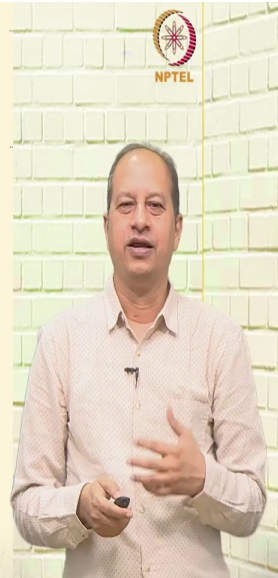
But you might be surprised to think about what kind of a coping skill it is, which asks us to be in a state of drunkenness, but what kind of drunkenness is the speaker talking about, so that is all there is to it, it is the only way the way is to be drunk, so as not to feel the horrible burden of time that breaks your back and bends you to the earth, you have to be continually drunk, so that means this particular condition will help you not only counter those disturbing thoughts, emotions experiences, but also help you relax, so that you can approach those challenges with some more positive mind-set. But what exactly are you going to be drunk on?

Now, you have a choice. So, whenever we do something, whenever we behave in a certain manner, we have a purpose behind it that is exactly what William Glasser suggests. So, we have a choice and the choice is this, you can go for wine, poetry or virtue, as you wish, but despite all these things, the only thing that you need to do is to be drunk or irrespective of whichever way you go wine, poetry or virtue you need to be drunk.

If you are drunk, then you can escape, you can probably save yourself from this pacts, the onslaughts of disturbing emotions and experiences, but you have a choice wine, poetry that is creative imagination and then virtue doing things for example gratitude, benevolence, charity, kindness, empathy, lot of things that one can always imagine of doing that will give them pleasure, so that is why it is a choice question, you have a choice so go with your choice but be drunk.

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And if sometimes, on the steps of a palace or  
the green grass of a ditch, in the mournful  
solitude of your room, you wake again,  
drunkenness already diminishing or gone, ask  
the wind, the wave,  
the star, the bird, the clock, everything that is  
flying, everything that is groaning, everything  
that is rolling, everything that is singing,  
everything that is speaking. . .ask what time it  
is and wind, wave, star, bird, clock will answer  
you: "It is time to be drunk! So as not to be the  
martyred slaves of time, be drunk, be  
continually drunk! On wine, on poetry or on  
virtue as you wish."



So, now you can see that it is a kind of elaboration on what the speaker has already asked us to do. So, because there may be occasions when you are not experiencing that high and you are coming out of that drunken state, so when that happens there is every possibility that will be faced with a reality, the harsh, the biting reality again, so what exactly can you do if you look around and speak to things around you and then you again received the same answer that it is time to be drunk; so, that the martyred slave of time, so be drunk, continually drunk, now the same choice, the choice is yours on wine or poetry or the virtue as you wish. So, this is a very straight and very simple poetic composition, which gives a message in a very straightforward and clear manner to all of us.

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When we come to the coping skills and strategies, this is a very important coping skill that the speaker is talking about, especially from the perspective of positive addiction, whenever we consume substances there is every possibility that we will become addicted to it or to those substances. Similarly, whenever we engage in positive actions there is also a possibility that we become addicted towards or addicted to that particular thing.

You can recall Mother Teresa and her benevolent charitable works, she behaved in a manner as if she was addicted to charity and benevolence, empathy; so, that was also a kind of addiction, if she would not help a needy person down the street any day she would experience withdrawal symptoms, look at those great doctors who, if they do not help somebody, if they did not relieve the pain of their clients they may experience that particular withdrawal symptom.

So, anytime and every time we experience a withdrawal symptom we need to understand that we have become dependent on something, we have become addicted to something, it may be a substance or maybe very positive action. So, that is the power of creative depressant. So, what are those creative depressants?

They can be forms of expressive arts or expressive art forms like poetic or literature, art, music, dance even yoga, so they actually serve as creative depressants, so the speaker is talking about creative depressants as well by giving a choice poetry and virtue, they are all creative depressants

and when you look at the power of depressants, when a depressant is taken at a higher or a larger dose it leads to problems, it creates a numbing sensation on our nerves.

But when it is taken at moderate doses it actually relaxes, it relieves us that is the power of depressants and that is one depressant why depressants are also medically prescribed, so that is the power of creative depressants, when we begin to take them a smaller dose of these creative activities periodically they will help us get a similar feeling of pleasure that we generally derive from exogenous substances and we can also experience highs in between or at times when we keep on engaging with this creative the depressants; so that is a very powerful coping skill that the speaker is talking about and the speaker is also talking about a natural high, a natural high and that is one because of why in the second half of this poetic composition you can see a lot of natural images, natural images, wind, the wave, everything, so the speaker is talking about a natural high which is endogenous, that is not exogenous the high that comes from within, because we have a purpose, therefore we have behaving in a certain manner, so it all has to happen from within.

And if we can control, regulate those mechanisms that will lead us to a natural high, remember, I talked about three important brain regions that get severely affected by drug abuse, one of those regions is the prefrontal cortex. So, the prefrontal cortex will help us experience this natural high because it will help us understand the importance of the natural high. So, these are two very important coping skills that the speaker is talking about in this poetic composition Be Drunk.

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## References

- <https://www.healthline.com/health/addiction>
- <https://www.dana.org/article/how-addiction-hijacks-our-reward-system/>
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- <https://archives.drugabuse.gov/blog/post/word-day-brain-reward-system>
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- <https://wglasser.com/what-is-choice-theory/>



So, that brings us to the end of this lecture, I hope this has helped you understand these issues in a better manner, the reward pathway, the addiction system, both the negative and the positive addictions, and how the speaker in Be Drunk, in fact, helps us with two very important coping skills. So, thank you for joining me.