

# Meth Abuse Cycle

**1. Rush** (5-30 minutes): Immediately after smoking or injecting methamphetamines, adrenaline is released in the body. The user experiences an increase in heartbeat, blood pressure and pulse rate. The rush is described as extremely pleasurable.

**2. High** (4-24 hours): The user experiences feelings of euphoria and well-being. The user may also become argumentative.

**3. Binge** (3-15 days): The user continues to smoke or inject methamphetamine to continue the high. However, each time he or she uses the drug, tolerance increases so that the user experiences a smaller rush and less of a high than the first time.

**7. Withdrawal** (30-90 days): If the user does not return to using meth, he or she may become lethargic, depressed and possibly suicidal. The user may lose the ability to experience pleasure. Using meth will stop the withdrawal symptoms but it will begin the abuse cycle again.

**6. Almost Normal** (2-14 days): After crashing, the meth user returns to a nearly normal state. As the frequency of binging increases, the duration of the normal stage decreases.

**4. Tweaking**: When users can no longer experience a high from using methamphetamines, they enter the tweaking stage. This is very uncomfortable and they will often use other drugs – such as alcohol or heroin – to make them feel better. Tweakers are unpredictable, aggressive, irritable, short-tempered and may experience hallucinations. Meth users in this stage may have jerky eye and body movements

**5. Crash** (1-3 days): The user's entire body crashes. User will typically sleep for long periods.