

Curious about the damages that meth abuse can bring? Read on to find out what ordeal Paul (a fictitious character) went through for underestimating the effects of meth.

It was four in the afternoon when Paul finally awoke from his heavy slumber with a splitting headache. All he could remember were the bright flashing lights at the nightclub and of course, smoking meth. He must have fumbled his way home after a late night out and as he glanced at his bedside, there they were, those deadly crystal-like drugs in a small transparent packet. He couldn't believe how silly he was to keep abusing the drug even though he had been suffering from terrible side effects for the past few months.

Paul did not know why he kept returning to the drug even though it constantly tormented him, but it was clear that he was already addicted to methamphetamine.

That moment Paul took the first smoke of methamphetamine, he started going on a downhill spiral that eventually led to devastating consequences. The night before when Paul consumed the drug, his heartbeat raced and his blood pressure soared. This is called 'The Rush'. It then developed into a 'High' where he became very argumentative or obsessed with one single activity.

THE SHOCKING GUIDE TO TORTURE BY METH

In order for Paul to continue having this pleasurable feeling, he needed to consume more and more of the drug but the satisfaction couldn't be maintained for long and it eventually eroded. Oftentimes, he would go on further into a stage called 'Tweaking' when the drug no longer provides relief and he would lose sleep for many days and even hallucinate.

After a period of abusing methamphetamine, Paul would enter 'The Crash' where his body shuts down due to the potent effects of the drug. He then becomes almost lifeless. In 'The Hangover', he would finally recover from the crash but would end up feeling totally depleted physically, mentally and emotionally. Thinking it will cure the hangover, Paul had often resorted to abusing even more of the drug to seek relief.

Thirty to ninety days can pass before withdrawal symptoms hit Paul. Depression would initially set in before he loses his energy. Soon after, he would usually crave for more methamphetamine to extricate himself from the painful withdrawal effects, thereby creating a vicious cycle. He also tended to lose the ability to think of anything else while being preoccupied with looking for the next 'hit'. Unsurprisingly, Paul found himself unable to focus on his studies. Even walking past a venue where he used to 'do drugs' could trigger a yearning to relive the pleasure.

As Paul sat on his bed in a complete daze, little did he know that he would involuntarily return to consuming more methamphetamine in order to experience the so-called pleasure. However, this 'pleasure' will be increasingly short-lived and with it comes a chain of torturous effects.

SOME SIGNS OF ADDICTION TO METH:

Sleeplessness for extended periods

Loss of appetite

Hallucination and anxiety

Unusual activeness

Weight loss

METHAMPHETAMINE IS A DRUG THAT HOOKS THE ABUSER RIGHT FROM THE START.

SAY 'NO' TO BEING ITS SLAVE.