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Modern metaphorical expressions of drug addiction in English-speaking countries

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Abstract

The issue of drug addiction is sharply posed in English-speaking countries. Statistics demonstrate an increase in the number of deaths from overdoses and side illnesses. Alarming rates and complex nature of the disorder propel scientists from various spheres unite their efforts to improve existing approaches to its treatment. Nowadays the treatment consists of drug medication and cognitive behavioral therapy. The study seeks to expand the methodological base of the latter. In view of drug addiction's complexity and danger, scientists from various fields put their mutual efforts to tackle the issue and save lives. Contemporary therapies combine drug medication with cognitive behavioral therapy. The research complements the concept of the metaphorical landscape of the experience of drug addiction and aims at adding valuable contribution to the theoretical basis of the cognitive behavioral therapy. It was found that the metaphorical landscape of drug addiction encompasses the following metaphorical models: drug addiction is a journey, drug addiction is slavery, drug addiction is a war, drug addiction is the bottom, drug addiction is hell, peripheral elements of the metaphorical landscape of drug addiction in English-language texts. Since the model provides a better understanding of the experiences of drug addicts and the difficulties they face up with, it is of practical use for therapists and practitioners who delve into the patterns of human thinking and find beliefs that need to be worked with in the future. The research can also be used to conduct surveys and compile statistics.

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Keywords

Metaphor theory, conceptual integration, metaphorical landscape, physical and psychological dependence, the problem of drug addiction.

Introduction

The issue of drug addiction is sharply posed in English-speaking countries. Statistics demonstrate an increase in the number of deaths from overdoses and side illnesses. Alarming rates and complex nature of the disorder propel scientists from various spheres unite their efforts to improve existing approaches to its treatment. Nowadays the treatment consists of drug medication and cognitive behavioral therapy. The study seeks to expand the methodological base of the latter.

The *object* of the study is the concept of drug addiction and the ways of its metaphorization in English-speaking countries. The object was chosen because of the incompleteness of existing knowledge about the metaphors structuring the concept of drug addiction in the present-day world.

The *subject* of the research consists of the metaphors found in the texts of modern authors on drug addiction and corresponding treatment. The ability to interpret and comprehend the inner states and feelings of people by means of analyzing their metaphors justifies the selection of the subject.

The *goal* of this work is to model the metaphorical landscape of drug addiction providing deep understanding of how the disorder is conceptualized in the minds of drug addicts in English-speaking culture. The following *objectives* were set up to achieve the goal:

- to analyze the theory of conceptual metaphor;
- to consider the theory of pure language and the concept of metaphorical landscape as tools for structuring and cognition of psycholinguistic space;
- to structure existing scientific knowledge in the field of representation of drugs and drug addiction through metaphors;
- to identify and analyze modern metaphors of English-speaking authors on the topic of drug addiction;
- create a metaphorical landscape of drug addiction from selected metaphors.

The following *methods* were used in the work: Metaphor Identification Procedure (MIP), critical analysis of metaphors and modeling of metaphorical landscape.

The study *theoretically* complements the concept of the metaphorical landscape by identifying and classifying metaphors structuring the experience of drug addiction.

The *practical significance* of the work lies in the possibility of applying the model of the metaphorical landscape of drug addiction in the treatment of patients during cognitive behavioral therapy. Since the model provides a better understanding of the experiences of drug addicts and the difficulties they face, it allows therapists to delve into the patterns of human thinking and find beliefs that need to be worked with in the future.

The theory of conceptual metaphor

J. Lakoff and M. Johnson put forward a cognitive theory of metaphor, the innovation of which consists in postulating the idea that "our everyday conceptual system, within which we think and act, is essentially metaphorical" [Lakoff, Johnson, 1980:3]. This idea allows us to consider metaphor as a phenomenon of interaction of language, thinking and culture. Within the framework of this theory, the mechanism of metaphorization is explained by the processing of knowledge structures – frames and scenarios, which are generalized experiences of human interaction with the outside world [Baranov, 1992]. In the process of metaphorization, metaphorical projection or cognitive mapping occurs, that is, structuring some areas of the goal on the model of the source. According to the process of metaphorization, the scientists distinguished three types of metaphors: orientation (give the concept

orientation in space), ontological (pay attention to the inherent properties of the concept and specific aspects of mental experience) and structural (are based on common cultural experience and use one highly structured concept to structure another one) [Lakoff, Johnson, 1980].

The theory was chosen for our study, because, firstly, it accounts for the cultural factor. Linguistic and cultural traditions as well as the degree of prevalence of drug addiction, the availability and choice of drugs, legislative measures to curb the use and distribution of substances vary from culture to culture and thus affect the results. Secondly, combining the provisions of the cognitive theory of metaphor and gestalt psychology make it possible to improve cognitive behavioral therapy. In the treatment of drug addiction, it is necessary to understand the psychological state of the patient, his feelings, experiences, and self-perception, which is possible thanks to the construction of cognitive models, that is, coordinated conceptual structures resembling gestalts of cognitive psychology. The theory of symbolic modeling and the concept of a metaphorical landscape by J. Lawley and P. Tompkins, which will be used in the practical part of the study, are based on the cognitive theory of metaphor and neuro-linguistic programming. Thirdly, despite the criticism of certain provisions of this theory, it marked the beginning of a completely different perception of metaphor and remains the leading theory used in practical research.

The pure language theory and the concept of metaphorical landscape

The metaphor attracted the interest of psychologists with its ability to reflect the sensory and logical perception of the client's world. With the right approach, it allows one to penetrate the patterns of their thinking and monitor the processes of reflection of reality, which contributes to the resolution of conflicts in the human mind [Zakrevsky, 2018].

To help the client realize and work out their internal conflicts and destructive personal attitudes, psychotherapists conduct sessions with patients in a conversational form. During these sessions, it is important for the therapist to formulate questions in such a way as not to influence the client's judgments, not to direct the course of his thoughts and not to interpret what the client said through the prism of their worldview. To achieve this goal, a psychotherapist D. Grove developed the principles of "Clean" Language for the clinical treatment of patients suffering from traumatic memories [Grove, Panzer, 1989]. He was one of the first to study the influence of metaphors used by the researcher on the responses of respondents. Using direct formulations of questions and avoiding his own metaphors, he managed to build a dialogue in such a way that patients themselves delved into the internal logic of the metaphors they used. d. Grove found out that, firstly, such concentration on naturally occurring metaphors of clients opened access to their conceptual system, and, secondly, that "pure" language helped clients to explore their inner world independently, which contributed to the effective treatment of their traumatic memories [Grove, Panzer, 1989; Tosey et al., 2014].

Later, J. Lawley and P. Tompkins expanded the ideas of D. Grove, using the conceptual theory of metaphor and neuro-linguistic programming (NLP), and created Symbolic Modeling [Grove, Panzer, 1989; Lawley, Tompkins, 2000]. Its essence lies in the analysis and reorganization of the metaphorical landscape, that is, the metaphorical model of the world in the client's vision. At the same time, changing even one symbol in the model affects other symbols, which leads to a change in the whole metaphorical landscape. The merit of the authors consists in the formulation, systematization, and development of the ideas of D. Grove [Grove, Panzer, 1989], as well as in expanding the scope of the theory of "pure" language and symbolic modeling beyond psychotherapy. At present, research in various fields has proven the effectiveness of symbolic modeling in solving internal problems and contradictions

[Robinson, 2013].

So, a metaphorical landscape is a structure of interrelated and interdependent metaphors used to express a certain concept. It is dynamic and consists of central and peripheral elements, the position of which may change at different stages of the development of society or human life. The main objective of this work is to construct a metaphorical landscape of drug addiction in modern English-speaking culture with the possibility of further application of the results in the treatment of patients and for preventive purposes.

The main trends in the representation of drugs and drug addiction using metaphors

There exist several studies on the representation of drugs and drug addiction using metaphors.

M. Redden and his colleagues traced the use of metaphors at various stages of drug addiction, such as addiction itself, seeking treatment, the treatment and maintaining abstinence from drug use and tracked the use of metaphors on each of them [Redden et al., 2013]. They found out that memories of taking drugs caused vivid emotions and pleasant nostalgia, and addiction and its negative consequences were considered as a personal moral downfall and deserved punishment [Matto, 2004]. The use of the first doses was described as love at first sight ("meeting" heroin was like love at first sight") or the beginning of friendship ("trying heroin was "the beginning of a beautiful friendship"), which is caused by the euphoria effect. Addiction was equated to falling to the bottom ("hitting "rock bottom"), absorption into quicksand ("The drugs slowly cover you up as a person... It is like you are laying down in sand and eventually you are covered up"), turning a person into a monster. The treatment was described by patients with passive constructions ("getting clean", "going straight", "being detoxified", "being ensnared by "liquid handcuffs" (methadone) or "being saved by an "angel" (therapist)), which corresponds in their perception to the lack of control over the situation and helplessness, therefore it is necessary to maintain their internal motivation and involvement by setting realistic goals in an affirmative form [Lyubomirsky, 2007]. Thus, the analysis of metaphors plays an important role in understanding the directly unspoken difficulties that drug addicts face at different stages.

M. Gyuro argues that the positive and negative impressions of drug addicts, their physiological and mental state are three interrelated dimensions responsible for the use of specific metaphors [Gyuro, 2016]. In her research, she identified metaphors of happiness, including subtopics of color, sweetness, and love, noting the connection between the appearance of a substance and the pleasant physical and mental sensations caused by it. The metaphors of addiction can also reflect a negative downward movement, which is consistent with the dulling of consciousness and depression that occur after the active phase of the brain stimulated by drugs. Euphoria during substance use also generates metaphors of transcendence (COCAIN IS ANGEL POWDER/HEAVEN DUST, CRACK IS DEVIL DRUG, HEROIN IS HELL DUST), that is, the experience of going beyond sensory cognition. Such metaphors involve images of divine or demonic beings. The author also explains the emergence of the metaphor of flight (DRUG IS FLYING) by the physiological release of dopamine, serotonin, and norepinephrine [Isbister et al., 2007], due to which the heartbeat, metabolism and blood pressure are accelerated, causing an influx of energy and a desire for action. The merit of this work is to explain the relationship between metaphors and physical, emotional, and cognitive dimensions, but it hardly touches on the cultural aspect and psychological stages of addiction.

The metaphor of flight is included in the broader metaphor of travel (DRUG IS TRAVELING), which also includes variations related to the act of travel itself (DRUG IS A JOURNEY, DRUG IS A

TRIP, DRUG IS A VOYAGE, DRUG IS AN ADVENTURE, DRUG IS A SEARCH, DRUG IS A VACATION), with means of transportation (DRUG IS A VEHICLE, DRUG IS A TRAVEL AGENT) and destination (DRUG IS ARTIFICIAL PARADISE).

Gyuro's theses on metaphors of transcendence [Gyuro, 2016] are quite controversial, since the reason for the origin of these metaphors can be not only colorful images that drug addicts see under the influence of substances, but also early views of medicines as magical potions and potions. Although scientific medicine has dispelled many myths about the effects of drugs, some drugs are still attributed magical properties (wonder drug, magic bullet, miracle drug). The same can be said about the components of medicines used in religious ceremonies, which are called divine plants (cocaine bushes), deity (ipomoea seeds), divine messenger (peyote) and flesh of the gods (psilocybin mushrooms) [Furst, 1976]. While the American Indians called peyote the medicine of the Gods and the divine root, the Europeans saw in it the devil's root, the consumption of which was equated with eating human flesh [Anderson, 1980].

Drug use in some cultures was considered a mortal sin, and mystical metaphors of narcotic substances had a negative connotation. For example, the DRUG IS THE DEVIL metaphor has existed in different time periods in different cultures. A similar negative connotation is inherent in such metaphors as DRUG IS A DEMON, DRUG IS A KILLER, DRUG IS AN EVIL SPIRIT, DRUG IS AN ENEMY, DRUG IS A VILLAIN, DRUG IS AN ENSLAVER and the like. All of them can be combined under one metaphor that is widespread in Western culture – DRUG IS DEATH, but it has another component that includes metaphors of illness. Some chemicals used for medicinal purposes, as well as drug abuse, provoke pharmaco-iatrogenic effects, for example, episodic hypersensitivity, which led to the emergence of the metaphors DRUG IS A DISEASE, DRUG IS PLAGUE and DRUG IS A SCOURGE [Montagne, 1988].

The metaphor of life opposite to the metaphor of death (DRUG IS LIFE) also has two components. One of them was described above and consists of mystical, divine representations (DRUG IS THE DIVINITY), and the other represents the medicinal properties of chemicals (DRUG IS A REMEDY /DRUG IS A CURE). In America, drugs are also perceived as the solution to all problems (DRUG IS A SOLUTION, DRUG IS THE ULTIMATE PANACEA).

Narcotic substances have the properties of objects (DRUG IS AN OBJECT), they can be stored, exchanged, moved (DRUG IS MONEY/DRUG IS BARTER), or as a separate living entity (DRUG IS BEING/DRUG IS ENTITY) with human or animalistic characteristics.

Summing up, drugs are structured within the metaphors of travel (including ways and means of transportation and destination), metaphors of transcendence (both divine and demonic), metaphors of enslaver/enemy/villain/murderer, metaphors of life and death, and others.

The metaphorical landscape of drug addiction

In this section the most used metaphors that reflect the experiences of the drug-dependent population of English-speaking countries and form the metaphorical landscape of drug addiction are identified and analyzed. It is assumed that the systematization of interrelated metaphorical expressions will provide a better understanding of the problem of drug addiction and serve as valuable material for cognitive behavioral therapy.

The materials for this study are taken from the memoirs of people who managed to go through the hard way from the beginning of the use of mind-altering substances to the complete rejection of them, their family's memories, the brochures of medical centers specializing in drug addiction treatment,

articles of research institutes, publications on open online platforms and in reputable print publications. The detection of metaphorical words and expressions in texts was performed using MIP [Pragglejaz Group, 2007, 3]. The selected examples are grouped according to the following metaphorical models: DRUG ADDICTION IS A JOURNEY, DRUG ADDICTION IS SLAVERY, DRUG ADDICTION IS A WAR, DRUG ADDICTION IS THE BOTTOM, DRUG ADDICTION IS HELL, peripheral elements of the metaphorical landscape of drug addiction in English-language texts.

1. DRUG ADDICTION IS A JOURNEY.

It was previously described how drug addiction is divided into stages when episodic use develops into systematic or cyclical, a feeling of depression and dissatisfaction appears during periods of cessation of taking a psychoactive substance (psychological dependence), tolerance increases, and withdrawal syndrome develops (physical dependence). On the metaphorical path to addiction, the drug itself becomes a means of transportation, since it changes consciousness and transports a person to another reality, while drug dealers are the guides, and other drug addicts are fellow travelers. The desired destination of an addict is euphoria or an artificial paradise, but the real one is a strong addiction or even death. This grid of metaphorical projections finds regular and quite diverse verbal design:

- With my drug use I was just a tourist, albeit the type that overstays their visa (Valentish, 2017).
- I've tried to recount them all as and when they happened, in the hope that readers will recognize a wrong path before they take it [Sheff, 2008].
- What I would hope a reader would take away would be, mainly, an identification with the powerlessness one has over drugs and alcohol, an identification with any aspect of my story that would motivate him or her to see that it's not manageable, that there is no controlling one's use, and that if one doesn't admit that and get help it will eventually go where it went for me—namely to a place where one decides that nothing else but drugs and alcohol matter, that no consequence is too great, even death [Clegg, 2011].

Frequently, a person who gradually becomes addicted to drugs ceases to function normally in society. Work and addiction are incompatible with each other, and to buy a new dose, you need money. For this reason, a person sells his property, begs, and breaks the law. This behavior is described as "going astray," "derailing," "ending up in a ditch," and so on.

- He sees it all as a measure of my illness, of how far off the rails I went (Dresner, 2017).
- He went through rehab when he was 20 and stayed clean for a decade before falling off the wagon at 30 [Jackson, 2022].
- In the novelized version of my life, I was basically a good guy who took a couple of wrong turns and ended up in the ditch [Carr, 2008].

Drug addiction is a disease, and treatment for it is also a process that begins with seeking treatment in a specialized institution, undergoing treatment (medication and cognitive behavioral) and maintaining sobriety. During treatment, a drug addict is treated as a tourist or traveler, treatment for drug addiction is a certain route on which various obstacles arise (the temptation to take a new dose, "withdrawal"), but guides, that is, doctors, and sometimes fellow travelers – other patients, help in overcoming them, and absolute sobriety is seen as the destination.

Below are examples where the structure of the source sphere – travel – is transferred to the target sphere – treatment for drug addiction:

- Obviously, I'm still on my healing path and it's going to be an ongoing thing [Kugel, 2019].
- Providence Recovery offers many services, all to help your loved one through their addiction recovery journey (Providence Recovery Services, 2019)

- Along the path, the person works on the problems that led them to turn to drugs in the first place, which helps them to gain more fortitude than they have ever experienced [Smith, 2018].
- I look around from sober face to sober face and wonder again how these people found their way [Clegg, 2011].
- Before I started my journey out of addiction, my life revolved around alcohol, cocaine, MDMA, and prescription painkillers [Bodenner, 2016].

Also, in the headlines of articles of specialized medical institutions, it is sometimes suggested to build maps and recovery routes:

- Routes to Recovery via the Community (TCU Institute of Behavioral Research, 2013).
- Mapping Patient Journeys in Drug Addiction Treatment Challenge (National Institute on Drug Abuse, 2021).

2. DRUG ADDICTION IS SLAVERY

Drug addiction implies a loss of power over drug use on a physical and psychological level. Since the psychoactive substance (surfactant) is embedded in the metabolism and becomes an integral part of maintaining the life support of the body, when the use is stopped, "withdrawal" occurs. The body's tolerance to the substance increases, and the pleasant sensations from increasing the number of doses become less and less, which stimulates more and more consumption, which a person is not able to control. Moreover, dopamine, released from thoughts of using a new dose, activates the reward system. This process reinforces behavior that will help you experience pleasure in the future. The thoughts of a drug addict focus on a psychoactive substance, and a person becomes a slave to his addiction, which is illustrated in the following examples:

- You essentially become enslaved to everything having to do with getting and using that substance [Ren, 2019].
- While addiction is distressing and enslavement to your mind and body, you have the power to choose freedom from such slavery (Alpha Healing Center, 2020).
- People continue to seek salvation and thrills in drugs and, without noticing, become their hostages, slaves (Stop Alcoholism, 2022).

In the following phrases there is a symbol of enslavement – shackles. These examples imply the inability of a person to break them, that is, to overcome drug addiction:

- Addiction is like a curse and until it is broken, its victim will perpetually remain in the shackles of bondage [Otorkpa, 2018].
- ...even though addiction is a terrible enslavement of the mind and body, there is a way out of the shackles of drug use ... [Ren, 2019].

3. DRUG ADDICTION IS A WAR

Drug addiction is structured by the concept of war, where a person fights with a thirst for drugs. In addition to side diseases arising from poor-quality raw materials and unsanitary conditions of manufacture and consumption, as well as weakened immunity, drug abuse can lead to overdose and death. For this reason, drug addiction is sometimes described as a struggle for life. The examples of the analyzed metaphor:

- I thought, how can a parent not be consumed by his child's life-or-death struggle [Sheff, 2008]?
- Not just the panicked one of days and nights and weeks after relapsing, but the long one, the whole useless struggle [Clegg, 2011].
- What I had remembered as four years of struggle had actually been about eighteen months [Carr, 2008].

Fights take place not only within the framework of addiction with a thirst for drugs, but also with drug addiction itself:

- Yet here, in mortal combat with addiction, a parent wishes for a catastrophe to befall his son [Sheff, 2008].
- There was an inner battle going on in my mind between my addiction and myself... [Jenkins, 2019].

There are ontological metaphors in the texts, where drug addiction is endowed with the properties of the enemy. This approach allows us to interpret the experience of addiction in terms of an enemy who can attack, deceive, trap, hurt, kill, force something or deprive a person of something.

- And if I were being honest, I thought that addiction, which had come close to killing me, would take him out, and I would miss my shot [Carr, 2008].
- Asa is a few years younger than I am, in graduate school for urban planning, and has been sober three years from a heroin addiction that wiped out his savings and forced him to drop out of school [Clegg, 2012].
- My addiction snuck in and tricked me into thinking I could manage it, but I couldn't [Jenkins, 2019].

Moreover, the personification of drug addiction makes it possible to plan actions to defeat it: fight it, stop it, free yourself from its captivity.

- It was my only hope of freeing myself from this addiction [Jenkins, 2019].
- When I contemplate battling my addiction now, the image I conjure up is of that terrorizing band of skeletal night riders—the Four Horsemen of the Crackocalypse [Biden, 2021].

4. *DRUG ADDICTION IS THE BOTTOM*

Among the orientation metaphors highlighted by J. Lakoff and M. Johnson (1980), there is a spatial opposition "top-bottom". Power, high status, virtue, rational, happiness, health and life are traditionally correlated with the top, while subordination to power, low status, vice, emotionality, sadness, illness, and death are at the bottom.

All the above-mentioned elements corresponding to the spatial orientation of the bottom are associated with drug addiction. The previously analyzed metaphor "DRUG ADDICTION IS SLAVERY" implies a person's loss of control over the use of a psychoactive substance, which is equated to the subordination of addiction. Drug addicts are condemned by society, they are attributed to lack of willpower and moral decline, as the use of substances hinders the performance of social functions. Staying part of the time in an unconscious state, it is difficult to take care of offspring or work. In addition, the destabilized emotional background, which is expressed in mood swings, obsessive thoughts, and other mental disorders, pushes a person to a crime of the law. Moreover, violation of the law is not always associated with the desire to receive a dose, it can manifest itself, for example, in petty theft to attract attention.

As described earlier, the opinions of scientists on the classification of drug addiction as a disease are divided. Nevertheless, according to the International Classification of Diseases (ICD), drug addiction is recognized as a mental and behavioral disorder, and in this paper the terms "disease" and "disorder" are considered equivalent in relation to downward orientation.

Thus, drug addiction is metaphorically oriented downward. The following are examples of the corresponding metaphor:

- I tried everything I could to prevent my son's fall into meth addiction [Sheff, 2008].
- As I dove back into speed, I learned that most tweakers are broke and are considered the bottom

of the drug addiction barrel [Dresner, 2017].

- Dad and Gen both went deep into a coke-bug obsession [Jenkins, 2019].
- I thought then that maybe that was my addiction's low point – I thought that was the sound of me hitting bottom [Biden, 2021].

The metaphor "DRUG ADDICTION IS THE BOTTOM" is consistent with the metaphor "DRUG ADDICTION IS A JOURNEY":

- There is a road down which those with substance addiction travel (University of Cambridge, 2016).
- I can now see how it all happens—the gradual slide down, the arrival at each new unthinkable place—the crack den, the rehab, the jail, the street, the homeless shelter, a quick shock and then a new reality that one adjusts to [Clegg, 2011].

5. DRUG ADDICTION IS HELL

In English-speaking cultures, hell is the habitat of sinners, demons and devils; a very unpleasant experience; endless torment and suffering [Putilina, Akhvlediani, 2018]. There is even a separate concept of hell on earth.

The parallel between hell and drug addiction is drawn for many reasons. From a religious point of view, intoxication with psychoactive substances can be considered a sin, and a person who uses drugs becomes a sinner. Moreover, since money is needed to buy drugs, a person can commit fraud, theft, and other unpleasant atrocities. It is believed that a person goes to hell for his sins, that is, drug addiction is the result of drug use and concomitant negative actions. The consequences in the form of physical and psychological dependence on the substance seem to be hellish torments to a person.

The examples of the metaphor "DRUG ADDICTION IS HELL":

- You have to be really self-destructive to stick a needle in your arm, do all of the preparation, where it's so easy to stick this pipe in your mouth, suck in some smoke, and the next thing you know, you're in hell [Carr, 2008].
- Now that I was officially a junkie, it was a whole new hell [Dresner, 2017].
- It felt like I was speeding on the Autobahn toward hell, trapped inside a DeLorean with no brakes [Johnston, 2012].

As can be seen from the following examples, the metaphor "DRUG ADDICTION IS HELL" sometimes agrees with the metaphor "DRUG ADDICTION IS THE BOTTOM", since hell is traditionally located underground, that is, below:

- Clegg's descent into hell is pegged one cinch of the belt at a time, each new hole punched marking new depths plumbed [Santen, 2010].
- I clutch the mouth face-to-face, grasping it as I collapse through the mattress and into hell [Samet, 2013].

At the time of writing the Bible, the term "drug addiction" did not exist, but the scripture contains warnings about maintaining sobriety of mind to avoid a fight with the devil (for example, "Be vigilant and sober. Your enemy the devil is prowling around like a roaring lion, looking for someone to devour" – Peter 5:8). It is implied that, having fallen into the clutches of the devil or other demons, a person commits bad rash acts that are dictated to him by supernatural beings. Drug addicts often talk about drug addiction as being possessed by demons or the devil:

- Sometimes addiction seems more like possession, a death grip from Satan that requires supernatural intervention [Carr, 2008].
- «Devil Walk» is my personal testimony of deliverance from demonic possession (Byars, 2005).

Peripheral elements of the metaphorical landscape of drug addiction in English-language texts

During the study of the metaphorical landscape of drug addiction, less commonly used metaphors were identified – peripheral elements of the metaphorical landscape, which also represent linguistic value.

Drug addiction is sometimes compared to a sleeping monster or dragon, which can wake up at any moment or which can be pacified for a while, but whose actions are unpredictable. Such metaphors speak about the illusory nature of a person's control over his addiction:

- I thought of that past – the pain, the anger, the issues that led to the drugs, and the addiction itself – as the monster. That monster was still inside me. It hadn't gone anywhere. The monster was sleeping [Phillips, 2009].
- This is classic addiction. You think you've got the monster in the box. You're hopeful, relieved, maybe even arrogant that you have a handle on it, and then bam [Dresner, 2017]!
- One dose was all it took to awaken the dragon of addiction from its deep sleep [Dresner, 2017].

Drug addiction is hunger or a hungry creature that needs to be constantly fed. At the same time, we are talking not only about the regular use of psychoactive substances, but also large amounts of money that are spent on their purchase:

- Addiction is a hunger, and simply stopping is like a starving man turning down a buffet [Douglas, 2017].
- You're a junkie and have to feed your addiction first? I get it [Jenkins, 2019].
- I lived in New York for almost a year, most of which I spent at Wyatt's, feeding outrageous amounts of money to my raging addiction to OxyContin [Phillips, 2009].

Drug addiction and surfactants are sometimes compared to an unmerciful mistress or mistress, for whom a person can do anything and who can replace everything else in his life for a drug addict, including relationships with real people:

- Addiction is a brutal and unforgiving mistress [Dresner, 2017].
- Addicts will kill and die for their mistresses and they will never give them up (Cosmopolis, 2019).
- The addiction was always present. It was essentially the longtime mistress in our marriage [Brown, 2019].

Since the thoughts of a person with addiction focus on the extraction and use of drugs, there are examples where drug addiction acts as a brain thief:

- Likewise, when the brain is hijacked by addiction, recovery involves capturing the hijacking substances and learning how to come down safely, so they can be dealt with properly (The Recovery Village, 2020).
- Throughout this ordeal I strive to understand this force that has shanghaied my son's brain, and I sometimes wonder if his recidivism is a moral failing or a character flaw [Sheff, 2008].

The origin of the meanings of abduction, coercion and deception of the verb "shanghai" is historically associated with the port city of Shanghai, where ships whose crew consisted of abducted people who were forced to work on the ship came.

Conclusion

The alarming number of drug addicted people and deaths from overdose and side effects pushes the scholars to search for more effective treatment. Today, it is a combination of cognitive behavioral therapy and a course of medication. The study aims at improving the former.

The methodological basis of this study is formed by the theory of conceptual metaphor [Lakoff, Johnson, 1980], the theory of pure language [Grove, Panzer, 1991] and the theory of symbolic modeling [Lawley, Tompkins, 2011].

In the research the following metaphors constituting the metaphorical landscape of drug addiction were identified: "DRUG ADDICTION IS A JOURNEY", "DRUG ADDICTION IS SLAVERY", "DRUG ADDICTION IS WAR", "DRUG ADDICTION IS THE BOTTOM", "DRUG ADDICTION IS HELL". The high frequency of use and the variety of verbal design of these metaphors make them central components of the metaphorical landscape, emphasizing the complex nature of drug addiction. Moreover, during the study, single or less frequent metaphors were recorded, forming a peripheral level of the metaphorical landscape of drug addiction. Such metaphors include "DRUG ADDICTION IS A MONSTER/Dragon", "DRUG ADDICTION IS A HUNGER/HUNGRY CREATURE", "DRUG ADDICTION IS A MISTRESS/MISTRESS", "DRUG ADDICTION IS A KIDNAPPER".

Based on the results of this study, it can be concluded that the predominance of a negative attitude towards drug addiction in the English-speaking culture among people exposed to this disorder or involved in the treatment process. The multiplicity of negative consequences of regular drug use, including loss of control over use, inability to perform social functions, spending a lot of money and willingness to commit a crime for the sake of an intoxicating substance, turn a person's life into a series of sufferings. With the realization of the misery of his situation, a person begins to struggle with drug addiction, which can last for many years. After undergoing treatment and overcoming addiction, a person remains susceptible to the possibility of relapse.

The theoretical part complements the theories of conceptual metaphor and symbolic modeling by expanding knowledge about the concept of the metaphorical landscape in the field of drug addiction. From a practical point of view, the present study can be used in cognitive behavioral therapy since the model of the metaphorical landscape of drug addiction makes it possible to better understand the experiences of patients and the difficulties they face. Moreover, the created metaphorical landscape will allow us to trace the dynamics of changes in the perception of drug addiction by comparing it with metaphorical models that will function in the future.

Summing up, the study demonstrates the complex nature of drug addiction, which includes both physical and psychological factors. It is reflected in a variety of conceptual metaphors used by drug addicts, their relatives, doctors, psychotherapists, and the media. The results obtained during the study can be used by a wide range of scientists to improve cognitive behavioral therapies, conduct surveys, and compile statistics.

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Современные метафорические описания наркозависимости в англоязычных странах

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Аннотация

Проблема наркозависимости остро стоит в англоязычных странах. Статистика свидетельствует о росте числа смертей от передозировок и побочных заболеваний. Тревожные темпы и сложный характер заболевания побуждают ученых из разных областей объединять усилия для совершенствования существующих подходов к его лечению. В настоящее время лечение состоит из медикаментозного лечения и когнитивно-поведенческой терапии. Исследование направлено на расширение методологической базы последнего. Исследование дополняет концепцию метафорического ландшафта опыта наркозависимости и направлено на то, чтобы внести ценный вклад в теоретическую основу когнитивно-поведенческой терапии. Выявлено, что метафорический ландшафт наркозависимости охватывает следующие метафорические модели: наркозависимость как путешествие, наркозависимость как рабство, наркозависимость как война, наркозависимость как дно, наркозависимость как ад. Поскольку модель позволяет лучше понять опыт наркозависимых и трудности, с которыми они сталкиваются, она имеет практическое значение для терапевтов и практиков, которые вникают в модели человеческого мышления и находят убеждения, с которыми необходимо работать в будущем. Исследование также может быть использовано для проведения опросов и сбора статистики.

Для цитирования в научных исследованиях

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Ключевые слова

Теория метафор, концептуальная интеграция, метафорический ландшафт, физическая и психологическая зависимость, проблема наркозависимости.

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