

Complete the essay with the suitable connectors.

Addiction is a significant challenge that affects millions of people worldwide. _____ some argue that overcoming addiction alone demonstrates strength and independence, others believe support from others is essential for success. _____, although self-reliance is admirable, fighting addiction without help is not always the best approach, as it often overlooks the value of professional and emotional support.

_____, overcoming addiction independently can foster a sense of accomplishment and self-control. _____, individuals who rely on their own willpower may develop resilience and learn to manage their triggers without external assistance. _____, they might avoid the stigma sometimes associated with seeking help. _____ this path can be isolating and overwhelming, particularly when the addiction has deeply rooted causes, such as trauma or mental health issues.

_____, seeking help from others, such as therapists, support groups, or friends, can significantly improve the chances of recovery. _____ addiction often creates feelings of shame and loneliness, building a support network can provide encouragement and accountability. _____, therapy can uncover the root causes of addiction, _____ group meetings can offer understanding and shared experiences. _____, professional guidance ensures that individuals use proven strategies to recover safely and effectively.

_____, while fighting addiction alone might work for some, it is not always the most effective or sustainable method. Even though independence is valuable, relying on others can provide essential tools and emotional support to succeed in the long term. _____, I believe that seeking help should not be seen as a weakness but rather as a wise and practical step toward recovery. All in all, the road to overcoming addiction is easier when walked with others.