

## How Addictive Is MDMA

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If you've taken MDMA, or you still take it regularly, you might be wondering about the drug's addictive properties and how your use of the drug might develop in the future. MDMA impacts both the body and the brain, and many people become dependent on the drug if they use it too much.

We're going to take a look today at how addictive is MDMA and the way in which MDMA impacts you and what this means for the chances of getting [addicted to the drug](#). You can find out everything you need to know below, so keep reading.



### Impact on Your Body

MDMA can have many different impacts on the body, both in the short term and the long term. It can make you feel a lot more energetic, and this is one of the things that people like about it. But it can also cause dehydration and temperature control issues in the short term, which can be very dangerous in the wrong circumstances.

It's also the case that heart problems can develop over time in people who take MDMA on a consistent basis, and that's something that's probably best avoided. Other forms of organ damage can occur, and there are lots of ways in which the brain can be impacted too, which we'll discuss in more depth next.

### The Impact on Your Brain



The first thing to know about MDMA is that it encourages the release of chemicals in the brain that create the elated feeling that comes with getting high. A combination of dopamine and serotonin gets released, and these create that satisfying feeling that people associated with taking MDMA, and it's also one of the things that ultimately make it addictive.

There are long-term impacts on the brain as well. For example, some people become more likely to suffer depression and other mental health struggles when they become habitual MDMA users or when they become dependent on it. People can also suffer memory issues as a result of their [MDMA usage](#) too.

### Tolerance Leading to Increased Amounts of MDMA Used

The high that people are chasing when they take MDMA becomes harder and harder to achieve over time after the person has taken lots of MDMA. Your body starts to develop a tolerance to the drug, and it's this tolerance that often leads people to take more risks and take higher and higher amounts of MDMA in an effort to get high.

This is how a habit can become dependent and result in addiction in the end. The body doesn't respond to a drug the same way forever. You should be aware of that if you're someone who has recently started to use the drug. You might feel like the habit is under control now, but that might not remain the case if you keep chasing a high.

### Developing Substance Abuse Symptoms

There are many symptoms that are associated with substance abuse and you might want to be looking out for them in yourself if you're concerned with the direction in which your use of MDMA has been heading recently. If you start to prioritize taking MDMA at the risk of other important things in your life, that's something to be concerned about.

You might also find that you're taking more risks or dedicating more of your income to paying for the drug. These are all signs that your drug habit might be starting to get out of your control. And that might be something to keep in mind and it might cause you to think about seeking help.

### Addiction and the Help Out There

If you are concerned that you've developed an addiction, it's important to know that help and support are out there for you to take advantage of. There's help out there to suit every need, so don't assume that you need to go through this problem alone.

Take the time to survey the type of [treatments](#) and support options out there and decide which of them might be best for you and the problem that you're currently looking to overcome. You'll find it much easier to put an MDMA problem behind you if you're not doing it alone.

In conclusion, it's clear that MDMA is addictive, and the dependence that people who use the drug a lot develop varies from person to person. Some people feel that they're physically addicted while others simply develop a form of dependence on the drug. Either way, you need to [seek help](#) if you're becoming worried about your use of MDMA or any other drug.

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