



# Types of Addictions

Addiction is a complex disease characterized by compulsive substance use or behaviors despite harmful consequences. It often involves loss of control and can lead to significant problems.

# Substance Addictions

**1**

## Alcohol

Excessive, compulsive consumption of alcoholic beverages.

**2**

## Drugs

Addiction to substances like opioids, stimulants, cannabis.

# Behavioral Addictions

## Gambling

Compulsive gambling leading to financial distress.



## Internet/Tech

Excessive internet, social media, video game use.



## Food

Unhealthy relationship with food, overeating.



# Other Behavioral Addictions



## Shopping

Compulsive buying leading to financial problems.



## Work

Obsession with career, neglecting personal life.

# Cross-Addictions

Individuals can develop multiple addictions simultaneously, making recovery challenging. Addictions are interconnected.

1

## Alcohol

Drinking triggers gambling losses...

2

## Gambling

Which leads to drug use to cope...

3

## Drugs

Fueling more addictive behaviors.

# Common Characteristics

Craving	Intense urge for the substance/behavior
Tolerance	Needing more to get the desired effect
Withdrawal	Unpleasant symptoms when stopping
Loss of Control	Difficulty stopping despite consequences

# Case Study: Sarah

Sarah, 32, struggled with multiple addictions over several years.

## 1 Substance

Prescription painkillers to heroin addiction.

## 2 Gambling

Compulsive gambling as an escape.

## 3 Technology

Addicted to social media, online shopping.





# Sarah's Addictions

Sarah's addictions often overlapped and triggered each other.

**1**

## **Gambling Losses**

Led to drug use to cope with stress.

**2**

## **Drug Use**

Fueled more reckless gambling.

**3**

## **Technology Addiction**

Online shopping, games were an escape.





# Process Addiction

Sarah's life revolved around the process of engaging in addictive behaviors.

## Central Focus

Addictions became the main priority.

## Difficulty Imagining Life Without

Couldn't picture life without these behaviors.

## Neglect

Responsibilities, health, relationships suffered.



# Understanding Addiction

Sarah's story highlights the complexity of addiction and its many forms.

**1**

## Substances

Alcohol, drugs,  
prescription medications.

**2**

## Behaviors

Gambling, internet,  
shopping, work.

**3**

## Interconnected

One addiction can trigger  
or worsen another.

# Recognizing Signs

By understanding addiction's types, we can better identify signs and symptoms.



## Awareness

Increased awareness is crucial.



## Support

Provide support to those struggling.



## Compassion

Show compassion, not judgment.