

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.



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

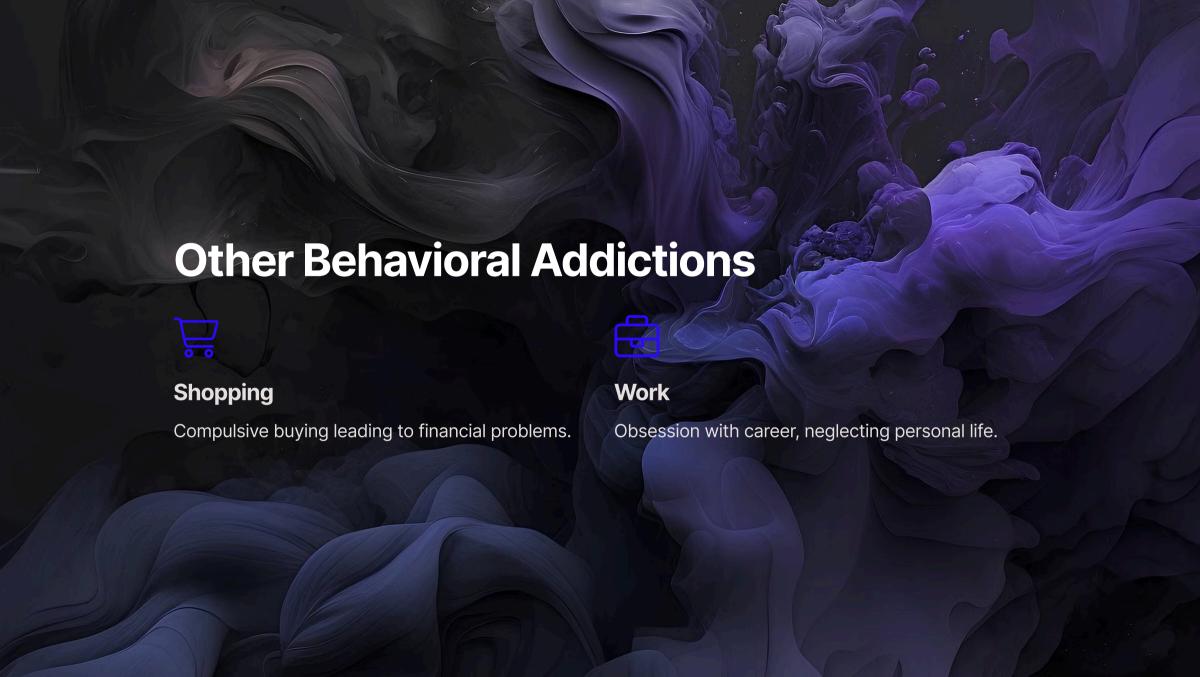
Excessive internet, social media, video game use.



Food

Unhealthy relationship with food, overeating.





Cross-Addictions

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

1

2

3

Alcohol

Drinking triggers gambling losses...

Gambling

Which leads to drug use to cope...

Drugs

Fueling more addictive behaviors.



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.

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.