

SCALAR LIGHT

The Psychology of Addictive Behaviors



Most Common Addictions

- *Alcohol
- *Tobacco/Nicotine *Coffee
- Shopping
- *Work

- *Food
- *Video games *Internet/Social Media
- *Sex/Pornography



Substance vs. Behavioral

Substance addiction refers to the abusive use of any substance despite harmful effects and negative consequences that may arise. Behavioral addiction, is defined as self-destructive, compulsive, recurring behavior to an extent which causes adverse consequences to the individual's life



Signs of a Behavioral Addiction

*Struggle with mental health or physical health issues
*Problems in significant relationships due to the disruptive behavior
*Negative consequences that are directly caused by engagement in the behavior
*The person cannot stop engaging in these behaviors despite negative consequences.



Treatments

- *Cognitive behavioral therapy
- *One-on-one or couples counseling
- *Medications
- *Group therapy
- *Self-help groups

Psychology And Treatment Of Addictive Behavior

Kathleen Armour

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