

# Addiction

*Here you will find information about healing from Addiction.*

## Addiction: What is It?

Addiction is a chronic condition that can affect many aspects of your life, including your physical and mental health, relationships and career. It involves compulsive seeking and taking of a substance or performing of an activity despite negative or harmful consequences.

## Two Main Forms of Addiction:

### Substance Use Disorders

*potentially addictive substances*

- Alcohol
- Caffeine
- Cannabis (marijuana)
- Hallucinogens (*PCP and LSD*)
- Opioids
- Stimulants
- Prescription/Non-prescription drugs
- Tobacco/nicotine

### Behavioral Addictions

*potentially addictive activities*

- Gambling
- Eating
- Exercising/dieting
- Shopping
- Shoplifting or other risky behaviors
- Having sex.
- Viewing pornography
- Video gaming

\* Although these substances and behaviors are very different from each other, they all strongly activate the reward center of your brain, producing feelings of pleasure.

**Addiction is treatable. It's crucial to seek help as soon as possible.**

## Signs of Addiction?

- Inability to stop
- Increased tolerance
- Intense focus on the substance or activity
- Lack of control
- Personal problems and health issues
- Withdrawal

