

Some Areas of Addiction/Dependency

SUBSTANCE ADDICTIONS:

Alcohol
Caffeine
Injected or smoked substances
such as: Crack, Crystal Meth, Heroin
Marijuana
Prescription Medications
Sugar
Tobacco

BEHAVIOUR ADDICTIONS:

Anger/Rage/Bullying
Cutting
Crime
Eating Disorders:
Bulimia, Anorexia,
Binging, Obesity
Gambling
Sex/Pornography
Verbal Abuse:
Gossip, Lying, Accusing
Blaming, Condemning
Violence

SOFT ADDICTIONS:

Exercise
Electronic Gaming
Food (See Eating Disorders)
Isolating/Sleep
Money: Debt/Fraud
Religion
Shopping
Social Networking
Sports
Television
Work/Achievement

RELATIONSHIP ADDICTIONS:

Abusive Relationships:
Includes: Intimidation, isolation,
domination, blaming, humiliation,
withholding, forcing acts against
one's will
Approval dependency
Attention Seeking
Codependence/Rescuing
Power/Control