

IS IT A HABIT OR AN ADDICTION?

Understanding Addictive Behaviors

RECREATIONAL/HABIT



● **DONE BY CHOICE**

FOR ENJOYMENT



● **MINIMAL
NEGATIVE
CONSEQUENCES**



● **EASILY
STOPPED**

ADDICTIVE BEHAVIOR



● **LOSS OF
CONTROL**

● **COMPULSIVE
URGES**

● **CONSUMING
TIME & FOCUS**



● **NEGLECTING
DAILY LIFE**

● **CONTINUED
DESPITE HARM**

● **INCREASED TOLERANCE**

● **PHYSICAL OR PSYCHOLOGICAL
WITHDRAWAL**

COMMON EXAMPLES OF ADDICTIVE BEHAVIORS



SUBSTANCE USE
(ALCOHOL, DRUGS)



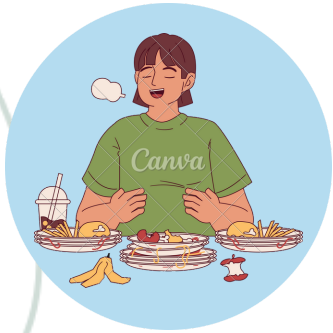
GAMBLING



SCREEN TIME
(SOCIAL MEDIA, GAMING)



SHOPPING
(COMPULSIVE BUYING)



EATING
(BINGEING)



PORNOGRAPHY/SEX

THE ROLE OF THERAPY



Confidential Support
(Safe, non-judgmental space without fear of stigma)



Identifying Triggers
(Uncover cues that spark compulsive urges & automatic behavioral loops)



Building Coping Skills
(Evidence-based, practical tools)



Relapse Prevention Planning
(Concrete strategies to maintain long-term stability)



Treating Underlying Issues
(Trauma, Depression, Anxiety)