

# 7 SIGNS OF ADDICTION

Adapted from Roy Nelson

## **Craving & Tolerance**

There are classic signs of addiction: (1) Cravings for the substance or activity, (2) Withdrawal symptoms when stopping (shaking, headaches, sweating, diarrhea), (3) Increase in tolerance (needing an increased dosing in order to achieve the same “high” or effect).

## **Preoccupation & Obsession**

You find that your thoughts are consumed not only with the substance or activity itself, but with other aspects, such as how to get it, how to conceal it, measures you can take to control it, etc...

## **Unable To Moderate**

You find that you can't stop once you've started, and you can't stay stopped, in spite of your best intentions. For the addict there is no such thing as “moderation”.

## **Deception (Overt & Covert)**

You lie to cover up your behavior. When others begin to notice and comment, the unsolicited attention makes it harder for you to indulge, and you end up lying so people don't know about your activities and how much you are using.

## **Broken Promises**

You make promises to stop, both to yourself and to others. While you are sincere in your promises and believe you will do better, you don't do better, and beyond the point of self-control.

## **Progressively Negative Impact**

Addiction is a progressive condition. It starts out as a harmless, occasional indulgence. Your indulgences increase, as does the price you pay for your binges, affecting your performance and attendance at work, your relationships, your parenting, your health, and your finances.

## **Inability To Regulate**

You continue the use despite the obvious negative consequences. No matter what trouble your behavior causes, habitual usage is one of the tell-tale signs of addiction.

