

PSYCHO

BABBLE

TRI-CITY PSYCHOLOGY SERVICES INC. NEWSLETTER

Addictions and Recovery

Do I think the frequency of using substances is important?

Even occasional bingers are in pain

Do I think the quantity of use defines the problem

Quantity does not count

Do I blame others for my behavior?

Is this denial? I don't know what else to do, so I take it out on others.

Am I ashamed of myself even if no one else knows?

Am I emotionally isolated?



© Prisoner of Addictions :Stephanie Carter: Getty Images

Addictions are the most common ailments of our times and are still ones that are filled with shame. Shame, accompanied by denial, can mean people suffer far too long, mostly in isolation with these disorders.

What is an addiction or compulsion?

1. anything you do (or someone you love does),
2. that causes repeated trouble of any important type
3. where you (or the person affected proceeds to do it all over again

The substance used does not matter. It could be drugs, alcohol, food, gambling, sex or relationship addictions.

The troubles might be severe or not. Jobs might be lost, family savings might be depleted and estrangement from others may be happening. Alternately, you may just have a vague sense that you or someone