



FreelInDeed

Anonymous

The truth will set you free!

COMMON ADDICTIONS

Alcohol, Drugs in any form, Sex- and Pornography Addiction, Eating Disorders, Codependency, Social Media Dependency, Gambling, Shopping, Compulsive Lying, Nicotine, (This list is not a complete one).

Other causes that can trigger Addiction

- Mind and Emotional Disorders
- Homosexuality
- Prostitution
- Sex-Trafficking
- Abuse in different forms, especially Sexual Abuse
- Pain
- Various traumatic events

So called more hidden addictions and compulsions

- Prescription drugs
- Work, achievement, or success
- Money: overspending, gambling, hoarding, credit card spending
- Control: Seeking to control others in personal, family, business, or sexual relationships
- Food: overeating or starvation
- Sexual: any form of sexual involvement outside of marriage including masturbation,
- Approval: the need to please others to gain their approval and admiration •
- Rescuing:
 - the need to save others regardless of the cost
 - Physical: over concern about the physical wellness and health of our body



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- Exercise: physical conditioning, steroids use, excessive concern about weight loss or weight control medications
- Grooming: over concern about cosmetics, clothing, or cosmetic surgery
- Intellectual: over concern about book learning and excessive intellectualizing
- Religious: preoccupation with the form, rules, and regulations of religious practices;
- over concern with the legalism of religion; the inability to live a balanced, spiritual life
- Perfectionism: obsession with being perfect; the inability to admit making a mistake; a never wrong” person
- Cleanliness: The “Mr. Clean” person; always concerned with cleanness at all costs
- Organizational: has to have everything in perfect order in life; has a panic attack when anything is out of order

How To Identify a Possibly Addicted or Codependent Person

- They are driven by one or more compulsive (can’t stop) habits.
- They are bound and tormented by the way things were in their original family relationships.
- They have a very low self-esteem. Often their maturity level is also low.
- They have the notion that their happiness depends on another person.
- They have severe difficulty getting along with others. They are unbalanced in their relationships—seeking total dependence on another or total independence from others.
- They are masters of denial—unable to recognize reality the way it is, and they constantly lie to cover up their addiction and its behavior.
- Their life is full of way out, extreme behaviors.
- They worry uncontrollably about things they cannot change and totally ignore the things that they can change. They try to change things in all sorts of strange, dishonest, and devious ways. They become masters of manipulation.
- They are constantly searching for something that is lacking or missing in their life.
- They will do or give up anything to satisfy their addictive appetite. They are totally unable to stop their habit even though they cry out and want to do so.