



**There is a psychological/physical component where the person is unable to control the aspects of the addiction without help because of the mental or physical conditions involved.**

### **SIGNS AND SYMPTOMS OF ADDICTION**

- Obsession with substance or item
- Secrecy and solitude
- Denial (refused to admit they have problem)
- Excess consumption
- Using substance or item to cope with problems
- Dropping hobbies and activities
- Having problems with the law
- Financial difficulties
- Relationship problems
- Spending all of their money on this substance or item, though they can't afford it

### **ADDICTION RISK FACTORS**

- Genetics (family history). \*Alcoholics are 6 times more likely than non-alcoholics to have blood relatives who are alcohol dependent.
- Gender. \*Higher percentage of males.
- Having a mental illness/condition.
- Peer pressure
- Family behavior. \*Less attachment to family.
- Loneliness
- Stress
- How the body processes the substance
- Age when substance was first consumed

Addictions may include virtually anything, such as gambling, drugs, or alcohol but can also include seemingly harmless products, such as chocolate. When a person cannot control how they use it and become dependent on it to cope with daily life, it becomes an addiction.

***For additional information or help with personal addictions, visit:***

***<http://www.medicalnewstoday.com/info/addiction>***

***<http://www.helpguide.org/home-pages/addiction.htm>***

***<http://www.allaboutcounseling.com/local/utah/brigham-city/>***