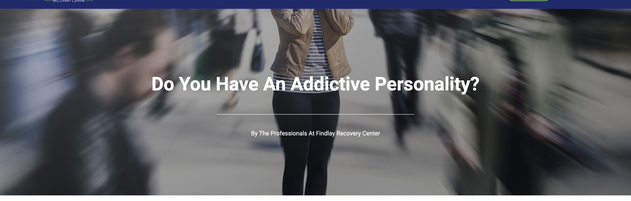


Do You Have An Addictive Personality?

By The Professionals At Findlay Recovery Center

Do you have a habit that you can't seem to kick? Have you ever wondered why certain personality types are predisposed to addiction? Everyone knows it's not "cool" to drink too much, get high, or gamble away too many dollars. Yet despite the stigma, millions of people struggle with addictions every day. You may be wondering if you yourself are at risk for addiction and what exactly makes someone susceptible in the first place. In this article we will explore How To Know If You Have An Addictive Personality?

What exactly is meant by the term 'addictive personality'?

This essentially refers to how likely it would be for someone to become addicted to a given substance regardless of their exposure. There isn't just one kind of addictive personality, either; many things can be considered part of it depending on the drug taken into consideration.

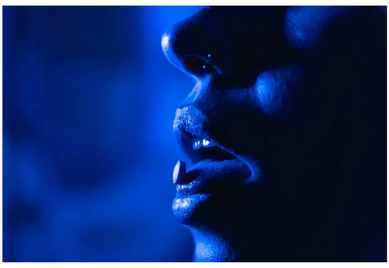
Perhaps the most popular idea about addictive personalities is that certain people are 'born' to have them. In other words, there is believed to be a genetic link to this kind of personality, and some consider it to be a mental illness. There is no actual evidence for this idea, but it can't be ruled out as a possibility, given the research into genetics and the brain which has been done so far.

Other traits associated with addictive personalities include:

- Being more impulsive than average.
- Having high levels of anxiety.
- Even being emotionally unstable.

These may all work together in combination as part of what makes someone likely to develop an addiction – although again, not everyone exposed will become addicted.

Here are other factors that can also increase the risk of becoming addicted:



Genetics

In addition to biological factors – such as gender – environmental factors also come into play. For example, someone who has been raised by parents who abused drugs or alcohol may be more likely to develop an addiction as a result. On the other hand, those with friends or family members who have already developed addictions may also be more susceptible than average.

It is believed that kids living with a parent who has an addiction are seven times more likely to become addicts themselves. This means that if you were raised by two parents, only one of whom became addicted to certain substances (for example, drugs or alcohol), then your chances of becoming an addict yourself are actually much less than someone whose parents both struggled with addictions.

Now, this doesn't mean that just because no one else in your family is addicted, you're immune from addiction—far from it! It just means that if everyone around you abuses substances, you are more likely to become an addict. Likewise, it doesn't necessarily mean that if addiction runs in your family, you're destined to have it yourself.

Stress

Another factor is stress. Stress can either lead to addictive tendencies or being an addict can cause stress! You may notice when certain people are under a lot of stress; they tend to drink or smoke heavily, gamble too much money away, or do other activities that are potentially dangerous for them.

These "stress relievers" are not signs of addiction in and of themselves; however, the reason someone uses these forms of coping has everything to do with why he or she feels stressed in the first place. If someone drinks every time they feel anxious about something—even if that's just once a day—that is an addiction.

If someone uses any of the above activities to cope with daily stress, it can be a sign they are at risk for addiction. Of course, this doesn't mean that if you drink or smoke marijuana when you're upset, you're going to become an alcoholic or a drug addict! It does mean, however, that most addicts have a tendency to turn to unhealthy coping mechanisms.

Risky Behavior

Some people believe that certain personality types are more susceptible to addictions than others. These "addictive personalities" tend to crave stimulation and excitement. In many cases, they struggle socially and emotionally. While these traits aren't enough on their own for someone to become addicted, they can make them more inclined to turn to harmful substances and risky behavior.

Evaluate Your Lifestyle

If you identify with some of the traits listed above, it doesn't necessarily mean that you're at risk for addiction. You may be predisposed to addictive tendencies, but if you keep yourself from being exposed to things like drug abuse or excessive drinking, there is a good chance you will avoid addiction altogether.

In addition, if you turn to healthy coping mechanisms when stressed, such as talking through your problems instead of drowning them out by smoking marijuana, then the odds are in your favor that addiction is unlikely.

However, if all these signs sound familiar and it's been a long-term struggle for you—or even just a constant battle trying to drink too much on weekends—it may be time to re-evaluate your current lifestyle.

In Conclusion

If you constantly find yourself struggling with addictions, it's a good idea to seek help or join a support group. These activities have been proven over and over again to help addicts get the help they need! They can also give you an insight into your personal struggles so that you can overcome them once and for all.

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GETTING HELP FOR ADDICTION HAS NEVER BEEN SO EASY

Get Help Right Now

CONTACT US

Contact Details

1800 Manor Hill Road Findlay, Ohio 45840

1-855-605-0129

Hours of Operation

Weekdays	24 Hours
Saturdays	24 Hours
Sundays	24 Hours
Holidays	24 Hours

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

Healthcare Facility Accreditation Program HFAP Certified

Findlay RECOVERY CENTER