

4 Signs You Have A Predisposition to Addiction

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If you find that some of your friends and family often comment about how much you like certain activities, or if you have moments where it's hard to stop engaging in a particular activity such as drinking alcohol or gambling, then there's a chance that these activities are more than just

Whether the root of the addiction is genetic or environmental, addiction is an extremely complicated subject; however, understanding the signs can help surmount its barriers. In this blog post we will discuss 4 key signs that suggest your behavior may be indicative of potential addiction risks so that together we can strive towards healthier habits and greater wellbeing.

Family History

One of the most common signs that you may have a predisposition to addiction is a family history of substance abuse or mental health disorders. If someone in your family has struggled with addiction, likely, you may also be at risk for developing an addiction.

Additionally, research has found that certain genetic factors can increase the likelihood of developing an addiction, so it is important to be aware of any potential risks. If you have a family history of addiction, it is essential to be vigilant and take proactive steps toward maintaining healthy habits.

Mental Health Disorders

Having a mental health disorder can also increase your risk of developing an addiction. This is because many people use substances as a way to cope with their symptoms or manage their stress levels. Additionally, some mental health disorders can make it more difficult for individuals to regulate their emotions or behaviors, which can lead to increased substance use and abuse.

If you have been diagnosed with a mental health disorder, it is important to [seek treatment](#) and find healthy coping mechanisms.

Stressful Experiences

Experiencing traumatic or stressful events in life can also increase your risk of developing an addiction. This is because these experiences can cause individuals to feel overwhelmed and distressed, leading them to turn to substances as a form of self-medication or escape from reality. It is important to find healthy ways to manage stress and cope with difficult emotions to reduce your risk of developing an addiction.

Early Substance Use

Using substances at a young age can also be a sign that you have a predisposition towards addiction. Research has found that individuals who begin using drugs or alcohol before the age of 18 are more likely to develop an addiction later on in life than those who wait until they are older before using substances. Therefore, it is important to be aware of the potential risks associated with early substance use and seek help if needed to prevent further issues down the line

Contact Findlay Center for Recovery Today

It is not always easy to recognize signs of a predisposition towards addiction, but it is important to look out for them. If left unchecked, they can potentially lead to serious consequences. At [Findlay Recovery Center](#) we have experienced professionals who are dedicated to helping people overcome their addictions and start down the path of recovery.

Our team understands how difficult it can be and we will do all that we can to give you the best possible chance for a successful outcome. Don't let addiction define your future – [contact us today](#) for assistance with getting your life back on track.

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How to Create A Customized Recovery Roadmap for Treating Substance Abuse Disorder

The Difference Between Physical and Psychological Dependence on Heroin Addiction

Is Medication-Assisted Treatment (MAT) an Option for Alcohol Addiction?

8 Ways to Prioritize Sobriety During the New Year

Navigating the Social Landscape: Overcoming Pressures and Triggers in Addiction Recovery

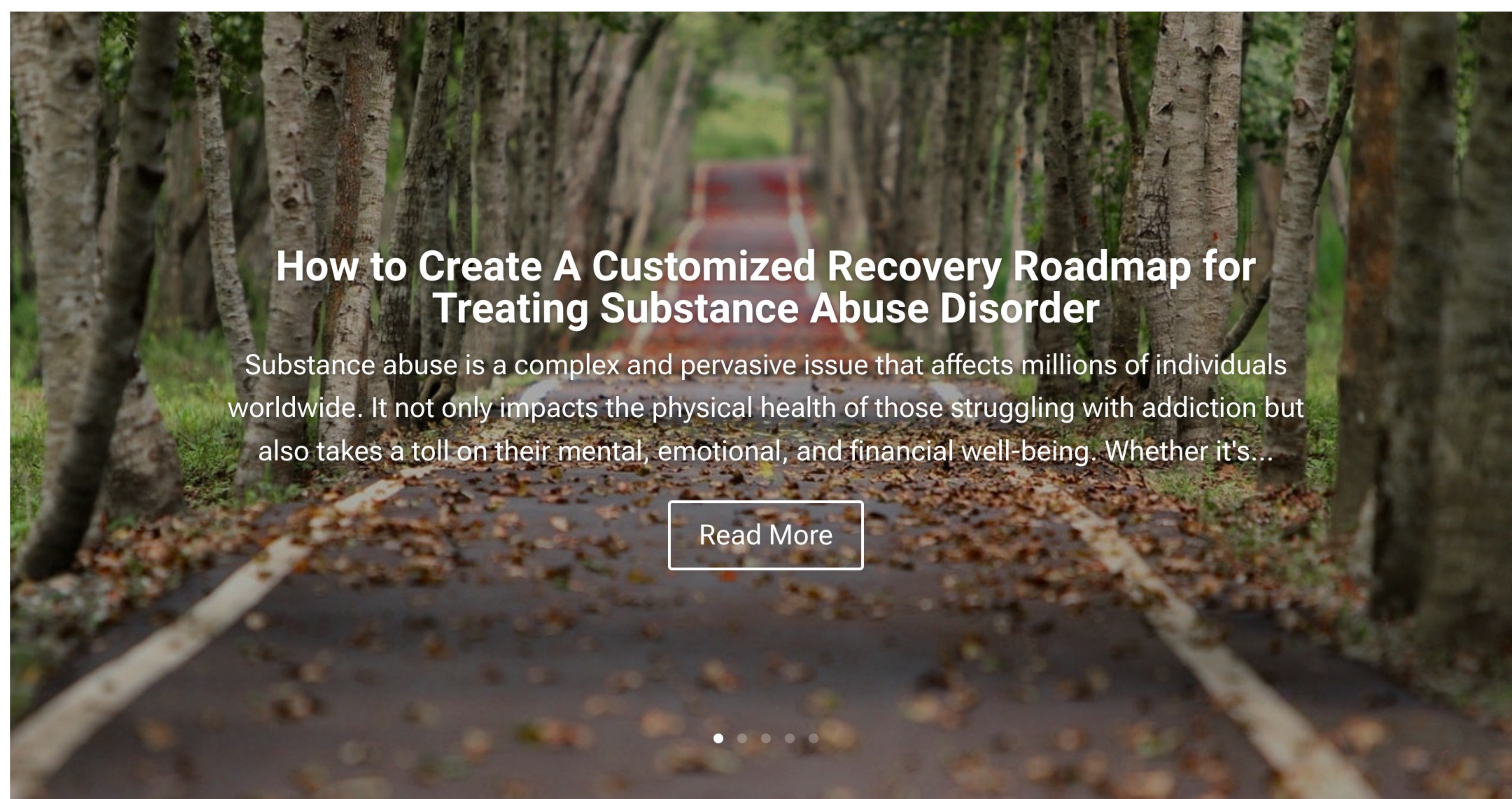
Finding Purpose and Meaning in Life After Drug Rehab: A Journey of Renewal

Steps to rebuild trust in the family after drug addiction treatment

Staying Strong in Sobriety: Navigating New Year's Eve in Recovery

The Importance of Boundaries in Maintaining Sobriety After Drug and Alcohol Rehab

The Cost of Addiction: How Investing in Rehab Treatment Can Save You Money in the Long Run



Get In Touch With Us Today

Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.



Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.



Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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GETTING HELP FOR ADDICTION HAS NEVER BEEN SO EASY

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Site Map

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135



Hours of Operation

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.



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