

Common Addictions

In case you thought you had no addictions, here is a list.

You are *addicted* when you are unable to stop a behavior pattern or use of substances, despite negative consequences and despite your best efforts to stop.

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|---------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Internet games |
| <input type="checkbox"/> Attention seeking | <input type="checkbox"/> Kleptomania/stealing/shoplifting |
| <input type="checkbox"/> Avoiding: _____ | <input type="checkbox"/> Lying |
| <input type="checkbox"/> Auto racing | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> Betting | <input type="checkbox"/> Reckless driving |
| <input type="checkbox"/> Bulimia (purging/vomiting) | <input type="checkbox"/> Risky behaviors |
| <input type="checkbox"/> Cheating | <input type="checkbox"/> Self-inflicted injury/self-mutilation |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Colas | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Collecting: | <input type="checkbox"/> Sleeping |
| <input type="checkbox"/> Art | <input type="checkbox"/> Smartphone apps |
| <input type="checkbox"/> Coins | <input type="checkbox"/> Smoking/tobacco |
| <input type="checkbox"/> Junk | <input type="checkbox"/> Social networking |
| <input type="checkbox"/> Clothes | <input type="checkbox"/> Speed |
| <input type="checkbox"/> Shoes | <input type="checkbox"/> Spiritual practices |
| <input type="checkbox"/> Music | <input type="checkbox"/> Sports activities: |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Biking |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Body building |
| <input type="checkbox"/> Computers | <input type="checkbox"/> Hiking/rock climbing |
| <input type="checkbox"/> Criminal activities | <input type="checkbox"/> Running |
| <input type="checkbox"/> Dieting | <input type="checkbox"/> Weight lifting |
| <input type="checkbox"/> Drugs (illicit and prescribed) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Diuretics | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> E-mail | <input type="checkbox"/> Television |
| <input type="checkbox"/> Food/eating | <input type="checkbox"/> Texting |
| <input type="checkbox"/> Carbohydrates | <input type="checkbox"/> Vandalism |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Videos |
| <input type="checkbox"/> Specific food: _____ | <input type="checkbox"/> Video games |
| <input type="checkbox"/> Gambling | <input type="checkbox"/> Working |
| <input type="checkbox"/> Games/puzzles | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Gossiping | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Imagining/fantasizing | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Other: _____ |