

Addiction and Addictive Behavior

Any activity, substance, object, or behavior that has become the major focus of a person's life to the exclusion of other activities, or that has begun to harm the individual or others physically mentally, or socially is considered an addictive behavior.

<http://www.Indiana.edu/~engs/hints/addictiveb.html>

Characteristics

- Often occurs in times of great stress/transition
- Sometimes follows period of low self-esteem
- Often creates a sense of isolation
- May occur in any stage of life (young, adult, elderly)

Treatment

As varied as the types:

Generally involves some sort of counseling to include both group and individual

"12 Step Programs"

