

**Put A Halt to Your Addiction Behavior,
Gambling, Drugs, Food and Other Types of
Addiction That Can Change Your Personality-
the Vol.3 Method...**



by Terry D. Clark

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Chapter 1: Are you predisposed to addiction?

By definition addictions are characterized by physical or psychological

dependencies on things that negatively impact our lives. Many people associate addiction with substance abuse but in reality there are people who have what is called “addictive personalities”. These are people who are at risk to becoming addicted to anything including substances. The addictions of people with addictive personalities run the gamut from gambling, food, exercise, co dependency (in relationships), abuse, work, spending money, sex and the list goes on.

People with addictions plan their whole lives around the thing they are addicted to. It is the main focus in their lives. Without it they feel they do not have quality of life. Experts define five designated interrelated behaviors which define a state of addiction. These behaviors include:

1. Patterns
2. Habits
3. Compulsions
4. Impulse Control Disorders
5. Physical Addiction/ Psychological Addiction/Addictive Personality.

A person who is considered an addictive personality that is at risk is one who displays any or multiple behaviors that are indicated above. When an addictive personality shows itself; the person will display impulsive behavior combined with non-conformity to what is considered socially acceptable. On top of those personality factors is added a weak commitment to goals that society feels a wholesome person must achieve or maintain to live healthy based on that society. An individual with an addictive personality feels a sense of social alienation and a sense of heightened stress because they are alienated by their addiction.

A person with an addictive personality may have one or many addictions to various things. They may sustain various addictions at different times depending on what's going on at the moment in their lives. When a person

has addictive behavior whatever activity, object, substance or actual behavior which is the source of the addiction; then becomes the center of person's life exclusively. Everything else becomes secondary or is excluded because the addiction comes first. An addiction as a result can ultimately hurt a person both physically, mentally and socially.

Compulsive behaviors cause the person to become addicted through repeating things and are rooted in the need for the person to relieve tension. This compulsive urge is driven by an inner feeling the person with the compulsive behavior wishes to avoid or control. So, by engaging in the addiction or compulsive behavior the urge subsides. Compulsive behavior is very ritualistic in nature. It is behavior that is repetitive and seemingly purposeful as the ritual behavior is executed.

It is believed through scientific research that these addictive behaviors produce beta endorphins which are the basis biochemically and neurologically for addictions in human beings. These bio chemicals the body produces make one feel "high" in the brain. Thus the person continues the addictive behavior to have the good feeling stimulated in their brains as a result of the addiction. They engage in the addictive behavior to create a sense of euphoria that is achieved in addictive practices of the addicted person. What also happens is the addictive person becomes addicted to their own brain chemicals physically which leads to the continuation of the addiction. People don't really understand that this bio chemical occurrence happens also when someone has compulsive and psychological addictions as well. They think that because it is a psychological addiction and because there is no physical addiction of chemical dependency, the body is not addicted . But the truth is they don't understand the biochemical process involved in addictive behavior. In actuality it is the behavior that stimulates the brain also to release chemicals. This is why psychological addiction becomes compulsive or addictive just as strong as chemical addictions many times. The behavior creates the high in the brain bio chemically like taking a drug. The person becomes addicted to the behavior because it stimulates the bio chemical reaction like a drug that causes a high or elated feeling.

The difference between an addiction and compulsion is that an addiction escalates. As the addiction escalates the person tries to hide it from others and themselves by using deceit, denial, trickery and cover ups. These are all in an attempt to separate themselves from their addiction and appear normal. Plus they are ashamed that they are addicted and don't want

others to know of their condition.

Harmful consequences from addictions range from job loss, accidents, illnesses at times death to things like detachment, severe depression and self hate. The National Institute on Drug Abuse categorize people with addictions as having a brain disease.

People with addictive natures are very sensitive to stress. They have trouble handling various situations that they deem frustrating to them. Mood swings and anti social behavior are some of the other visible traits that people with addictive behaviors display. Many times they will turn down a social invite due to the nature of their addiction. This is because they are fearful of being caught with the disorder by others deemed normal. Actually their sense of self creates the tone for self imposed isolation which actually fuels the addiction. It adds to it because they will also feel low self esteem due to the nature of their problem. The addict then turns to the source of the addiction to alleviate the stress caused by the issues of non complying to society. They hope by doing things they are addicted to makes them feel good enough in order to feel normal and cope. This makes them feel a quick fix and able to cope while the mental or physical "high" lasts. When they come down they have to do what gives them that high again. And thus the cycle of addiction ensues.

People who suffer from APD/Addictive Personality Disorder have a hard time managing their stress levels. Lack of tolerance to stress is one of the tell tale signs of this disorder. They find it difficult to handle stressful situations and also to get out of the stressful situation. A person who suffers for APD has a painful time to achieve long termed goals because they are so focused on the stress that is part of process of achieving the goals also. What happens in this case is that as soon as the stress level becomes too high they switch to another addiction. And the cycle continues with a new set of enjoyments to mask the stress they feel.

Addictive people have a difficult time developing and maintaining relationships. This is because most are highly insecure. They tend to have trouble making commitments or trust their loved one due to the fact that they have issues with long term goals. They constantly seek approval from others which causes misunderstandings with their loved ones because they are always looking outside the relationship for reinforced approval. This destroys many of their personal relationships as a result. People who suffer from addictive personalities are often depressed and have anxiety because

of their roller coaster. They get depressed and anxious, then do the addictive thing to feel better and then feel depressed and anxious all over again because they did the addictive thing and the feeling wears off.

We as humans even the addictive type are a diverse group. So some can be around alcohol because they can control that but in a casino their gambling addiction comes to life. Different addictions fill different needs in an addictive person. What makes addictive people have something in common to classify them as addictive are the personality traits. Here are the main ones all addictive personalities display at various stages of their addictions:

1. Anti Social Behavior – The addictive personality keeps to themselves and deals only with those who are also either societal non conformists or addicts with like issues. This both reinforces and allows them to be themselves so to speak continuing their addiction. Even though they may have another addicted friend they may still suffer from isolation and lack of intimacy which makes them indulge more in their addictive behavior. Their addictive behavior becomes a substitute for lack of personal relationships and helps ease them if they have to deal in a social setting.

2. Low Stress Tolerance- Addictive personalities cannot handle stress. They have very poor stress management skills and do not have good coping mechanisms. This fosters the need for the addiction to feel they can function during stress.

3. Difficulty Delaying Gratification-Those who suffer with addictive personalities have difficulty thinking about the future and long term goals. They focus on short term things in general. They may exhibit impulsive behavior as a result or the need to seek sensations. This is because the need to gratify the addictive feeling becomes the satisfaction in the person's life.

4. Compulsive Behavior- People with addictive personalities have a struggle to enjoy other things like social drinking in moderation. Their

approach to life is black or white, either they guzzle down booze for example or abstain. They feel either in total control or utterly powerless. It is hard for them to control themselves. Their view of things are either perfect or a failure. Addictive personalities have trouble with finding the balance in things. Many times it is because of this that they feel compelled to repeat the addiction over and over again. They as a result feel powerless to stop.

5. Substituting Vices- An addictive personality will switch vices when their vice of choice is not available thus creating a new addiction. An example would be why many drug and alcohol abusers take up cigarette smoking when they are in rehab. They may also have a couple of vices for example; a person who over eats may also medicate themselves to try and not eat. So as a result will be addicted in between not eating on medications and gorging.

6. Insecurity-Many times compulsive and addictive behaviors are a mask for fear of failure. Ex. A person who has a fear of commitment may constantly seek approval from everyone they come across to feel they belong; or stimulate some form of self confidence because of their inability to have a meaningful relationship.

7. Depression – People with depression and anxiety are more prone to addiction to help deal with those difficult feelings. They have trouble coping so the addictions make them feel like they can handle those painful emotions they live with.

There are many reasons that a person develops an addictive personality. It can be from a trauma they cannot face, a childhood problem that was never resolved, poor parenting and upbringing including child abuse and deprivation or over indulgence early in life as some of the main causes for addictive personalities. Also people who have mental conditions and receive treatments also may suffer from addictive personality disorders as well. People who have depression, attention deficit disorder, post traumatic stress disorder and things of that nature are also at higher risk of addictive behavior disorders.

Chapter 2: Physical versus Psychological Addiction

Both physical and psychological addictions affect a person's brain chemistry. However, the major difference between the two are the additional physical withdrawal symptoms that a physical addiction like a drug dependency produces. Make no mistake; a psychological addiction puts the body through changes also but not to the same level when the blood chemistry is altered by the constant bombardment of a substance. Things like alcohol and opiates leave an addicted person trying to kick the addiction with horrible physical withdrawal symptoms. In many cases people trying to kick substances that they are physically addicted to end up going back on the substance just for the withdrawal symptoms to subside. People who do this suffer from what is called the Tolerance-Withdrawal Addiction Syndrome.

The "Tolerance-Withdrawal Addiction Syndrome Theory" fell to the curb when those addictions that don't display such withdrawal effects like cocaine came into play. Addictions of that nature are "Very" hard to kick because of the psychological factors of the withdrawal symptoms. In addition to what happens to the brain chemically also in a psychological addiction those type of addictions wreck havoc on a person's state of being when withdrawal occurs. Not with the obvious physical symptoms that opiates give an addict; but with excruciating withdrawal symptoms that stems from the brain. In this case the chemicals that the brain produce to feel good from the behavior is denied the person who is trying to stop the psychological addiction. The fact is that these kinds of

psychologically implicated addictions may also required medical intervention just like physical withdrawal at times. Medication would be given in order for the person to successfully combat the addiction cravings that are painful to unbearable emotionally when psychologically addicted to a substance or addictive behavior. Unfortunately the mentality to understanding addiction and withdrawal many times is not really fully fathomed. Because such drugs like marijuana, cocaine, methamphetamine

and nicotine do not produce the flu like symptoms associated with opiates; many people really can't fully grasp the level of difficulty the withdrawal symptoms are as with other psychologically addictive things. Some of the milder symptoms of a psychologically addicted person includes but is not by any means limited to: Fatigue, depression, anxiety, sleep disturbances, and trouble eating. These are only some of the symptoms that tend to show up, the more severe are manic episodes, paranoia, violent outbreaks, self mutilation and suicidal tendencies to name a few.

Physical withdrawal is the bodies attempt to counteract the cessation of the drug that one is addicted to. Just as a drug addict or alcoholic builds up a tolerance for the use of the drug they are addicted to in order to function; the body reacts similar to a shock when that drug is suddenly gone. Getting addicted to a drug is a process involving the increase of one's tolerance level to the amount of the drug taken. The process of getting rid of the addiction causing the addict to use the drug and the bodies reaction to the withdrawal is a long and complicated process.

Physical dependence is easy to spot because once the person stops the withdrawal symptoms begin. Opiates, Amphetamines, benzodiazepines, barbiturates, alcohol and nicotine induce physical dependence. On the other hand, some categories of substances share this property and are still not considered addictive: cortisone, betablockers and most antidepressants are examples. So, physical dependency can be a major factor in the psychology of addiction and most often becomes a primary motivator in the continuation of an addiction. The initial primary reason a person uses an addictive substance is usually because of its ability to induce pleasure. However what happens with continued use of the drug is dependency on that drug. The goal of the user then becomes not so much to induce pleasure as it is to relieve the anxiety caused by the absence of a given addictive substance. It then also becomes a compulsion to continue to use the substance.

A common example to illustrate the idea of addiction and compulsion would be nicotine. A cigarette can be described as pleasurable by the person smoking it, but is in fact fulfilling the physical addiction of the user. When the person doesn't smoke on cue as a response to their body they start to feel compelled by urges. The urges if left unaddressed start to develop into withdrawal. So the person lights up and the symptoms and urges subside. Therefore, the smoker is achieving pleasurable feelings relative to his/her previous state of physical withdrawal. Furthermore, it is the physical

dependency of the nicotine addict on the substance itself which becomes an overwhelming factor in the continuation of use.

Now psychological addiction is based on psychological dependency. Psychological Dependence is a dependency of the mind, and leads to psychological withdrawal symptoms (such as cravings, irritability, insomnia, depression, anorexia, etc). The process of addiction in theory is derived from any behavior the person perceives as rewarding. It is also believed by scientific study to be associated with the dopaminergic system of the brain's reward system (as in the case of cocaine and amphetamines). In conclusion addiction is considered possible to be both psychologically and physically addicted to something at the same time. And interestingly enough some doctors, and especially scientists in related fields, make little or no distinction between the two types of addiction. This is primarily since the result of an addiction, is the same, and in terms of scientific as opposed to magical thinking, the "psychological" dependence is entirely due to physical effects of a drug on the brain. With this idea one has to keep in mind that the brain creates chemicals while a person is addicted whether they are psychologically or physically addicted to something. Psychological dependence does not have to be limited only to substances; even activities and behavioral patterns can be considered addictions, if they become uncontrollable, e.g. gambling, internet addiction, computer addiction, sexual addiction / pornography addiction, reading, eating, self-harm, vandalism, drug addiction or work addictions also change during psychological addiction as well.

When there is a psychological addiction to a behavior as well the withdrawal symptoms are virtually the same to a psychological chemical addiction. It starts with cravings, urges, yearnings, desires and thoughts. When these feelings start to occur it is the mind's reaction to the need to either behave a certain way or ingest a chemical. One may also experience physical symptoms from a psychological addiction such as physical withdrawal (nervousness, irritability, grouchiness, tension, anger, rage, frustration, sweating, jitters, shaking, inability to concentrate and mind fog).

Any addiction whether from a behavior or substance makes the body and mind react very much the same as a Pavlov Dog. In Pavlov's study the dog began to salivate when a bell was rung because the dog associated the bell with food. The addict is conditioned by their behavior to get certain results which they actively crave. As a result of their cravings they see out what they are addicted to. It doesn't matter if the addiction is an addictive

behavior or taking a substance.

The human mind is habitual and expects to be stimulated from that source which the addict craves. When it is not stimulated to fulfill the need its craving; the mind and body starts to feel uncomfortable. Since it is uncomfortable for the addict now; the mind triggers urges which makes the addict feel desperate. The addict now has to either get the substance they crave or do the addictive behavior that urges them. They feel if they don't do what they are addicted to they are going to shut down because of the need. This is not true in reality. What they are starting to feel is in fact the withdrawal symptoms kicking in by not having the urge gratified. When the urge isn't satisfied the addict has an uncontrollable compulsive feeling to engage in the addictive behavior until it is met. If left unmet the withdrawal symptoms start to take effect.

When this happens either the person decides they are going to go through the withdrawal process to kick the addiction or have a failed attempt to stop the addictive behavior by continuing the addictive cycle.

Chapter 3: Denial - The Addict's Defense Mechanism

Denial is a defense mechanism we use when a person is faced with a fact that is way too uncomfortable or painful to accept. So, what the person does is instead of embracing the source of pain or that which is making them uncomfortable to accept the situation; they completely reject the reality all together. They will say that the situation even with overwhelming proof is not the truth, happening or real. Unfortunately it is not uncommon for those that suffer from addiction to be in denial about it.

The three basic kinds of denial are:

1. Simple Denial which is the denying of the unpleasant fact all

together.

2. Minimization which is the type of denial where one may accept the facts but minimize the severity of them. It's a form of denial and rationalization combined. An example of minimization would be an full blown addict saying "Oh yeah I like to do (whatever) but it doesn't control me. I do it when I feel like". But, sadly they feel like it all the time.

3. Projection- The person will admit the reality of a situation and even that its serious but will not take any responsibility what so ever for it. Example: "It's your fault that I do (whatever the addiction is) because (they blame the other person for their predicament.)

People with addictive personalities and active addictions many times cope with their problem by denying it is a problem. Addictions do not discriminate, they do not care about race, age, sex or social status. An addict whether it is a psychological addiction to a behavior or a physical addiction to a substance that is in denial is very hard to help because they will not acknowledge there is a problem. They will also deny that their problem is obviously affecting the people around them. By denying their addiction they don't have to stop.

The first sign that a person that is addicted to something is in denial is when besides the person saying they are not addicted to something; is they refuse to also take responsibility to the behavior the addiction is causing. They also ignore the effects of their actions in relation to the people who are affected by their addiction. Some of the effects that others who deal with an addict face are: financial problems, job loss, destruction of personal relationships and health issues. Denial can definitely interfere with someone trying to overcome their addiction so they can return to a healthy life.

Whether a person who has an addiction problem and is in denial; there are certain signs. These signs let you know someone is in denial but there is a problem. The first thing you will notice is the person is neglecting their responsibilities. Depending on the severity of the type of addiction, they will start missing days at work or school. It will be apparent that they are spending more time at home so they can engage in their addiction. If they

have a family or children they will also neglect them too.

The next thing that occurs with an addict that is in denial is that their addictive behavior starts to display levels of risk factors. For example a drug addict may start spending the rent money; a person addicted to sex may start frequenting prostitutes and engaging in unprotected sex. The person may also start to have legal problems around the issue. They may get arrested for disorderly behavior or stealing to support their habit. The addiction will also cause the person to fight with their loved ones, family members, friends, co-workers etc. They fight mainly with people because of the denial factor. People will notice something is wrong with them and they will adamantly deny it.

Denial behavior that an addicted person displays to indicating they have an addiction problem include:

1. Their tolerance level to either the addictive behavior or

substance increases- They find themselves either needing more of the substance or having to engage in the addictive behavior more and more to achieve satisfaction

2. The person continues doing the addictive drug or behavior because they cannot handle withdrawal symptoms either on a psychological or physical level. They cannot stand the feeling of going through the withdrawal symptoms so opt to continue the behavior rather than go through withdrawal.

3. They have completely lost control of the addictive behavior. Even when the person says that they are not going to engage in the addictive behavior they end up doing it anyway. And, when they do engage they end up doing more than they planned to once they started. At that point, they may even want to stop but feel helpless to do so.

4. Their life revolves around the addiction- They either engage in the activity every chance they get that's humanly possible. If for any reason if

they aren't able to engage in the addictive activity; they think about it around the clock until they can. An addict will try and figure out every opportunity that is available to them so they can actively engage in their addiction.

5. They have abandoned activities they used to enjoy before the addiction- A person who has an addiction problem no longer does any of the other things in life that brought them enjoyment previously. Before the addiction they may have enjoyed hobbies, sports, socializing or using a talent to the best of Their capabilities. Now all they would rather do is their addiction activities instead.

6. They continue engaging in the addiction even though they know it's hurting them. It causes major problems in your life but you continue using it. You use it through feeling paranoid, blackouts, mood swings, depression, relationship losses etc. You don't care what it costs you and your life you are going to do the addictive thing anyway.

Even though a loved one or close friend may be in denial about an addiction there are signs that tell you there is something wrong.

Physical And Behavioral Signs Of Drug Abuse include:

1. The persons eyes are dilated, smaller than usual or red all the time They may have very dark circles underneath.
2. Changes in appetite or sleeping patterns.
3. Sudden changes in weight, can be loss or gain.
4. Deterioration of grooming habits and looks as in physical appearance.
5. Unusual smells of breath, body or clothing.
6. Tremors, Slurred Speech or impaired coordination.
7. Drop in attendance and performance both at work or school.
8. Unexplained need for money or financial problems. May borrow or steal

to get it.9. Engaging in secretive or suspicious behavior.

10. Sudden change in friends, favorite hangout and or hobbies.

11. Frequently getting into fights, arguments, accidents and even illegal activities.

Here are some more signs a person in denial may display for a addictive behavior:

1. Unexplained change in personality or attitude
2. Suspicious or sneaky behavior
3. Sudden mood swings, irritability, angry outbursts
4. Periods of unusual hyperactivity, agitation or even giddiness
5. Lack of Motivation
6. Appears spaced out
7. Appears fearful or paranoid for no apparent reason

When you or someone close to you has an addiction; the person's urge to continue the addiction outweighs the need for them to look at it honestly. A person in denial will underplay all the deterrents their life is going through because of their addiction. It's easier to say you do not have a problem than to say you do when it comes to addiction.

Here are some questions you can ask yourself or a loved one if there has been an issue of denial around you or a loved one facing an addiction problem.

1. Do you or the person feel like you cannot stop even if you want to?
2. Does the one with the addiction ever feel bad or guilty about your addiction.
3. Does the addicted person feel that they have to engage in the addictive behavior to relax or feel good?

4. Do your friends or family worry about the addiction in your life and tell you so?
5. Do you or the person feel you or they have to lie about the addiction in your lives?
6. Have you or they ever done anything illegal in order to do the thing you or they are addicted to?
7. Do you or someone close to you spend more money than either of you can afford on this addiction?
8. Do you or someone close to you have more than one addiction that either of you engage in at the same time?

If you answer yes to one or more of the questions you or someone close to you has a problem that you both need to address. If you are ready to admit that you or a loved one has an addiction then congratulations!!! When you admit you have an addiction then you can start to heal yourself and get the help you need to overcome it. It takes a lot of courage and strength to admit you have an addiction problem and even more to want to get help.

If you or your loved one can face the fact that there is an addiction problem then you will be ready to do something about it. You have to be able to face your addiction without minimizing it or making excuses about it. Even though it's frightening and overwhelming you can recover but it will take help for you to do so. You have already made the first step by admitting you have a problem.

Chapter 4: Types of Addictions

As we know there are both physical and psychological addictions or a combination of both that a person can have. People who have addiction issues can be addicted to one or multiple addictions. Here is a list of some

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