



# ADDICTIVE PERSONALITY DISORDER

Overcoming It And Avoiding Addiction

Having an addictive personality does not necessarily mean you are only addicted to drugs or alcohol. It can mean that you are addicted to cooking, and your obsession never lets you leave the kitchen. It can mean that you are addicted to shopping, and you constantly drain your bank account buying materialistic items. Or it can mean what people typically assume it means; you're addicted to drugs and/or alcohol and your life is on the path to destruction.



## WHAT IS ADDICTIVE PERSONALITY DISORDER?

DID YOU KNOW:



Psychologists believe about 50% of people with Addictive Personality Disorder acquired it from their parents' genetics.

If you have Addictive Personality Disorder, your challenges may be greater in battling drug or alcohol addiction. Finding an inpatient rehab that fits your addiction needs is often the best choice. By removing yourself from your normal environment, you are taking away many of the people or places that cause temptation. In rehab, you will not have access to drugs, or whatever your addiction may be, and will undergo detoxification.

## WHAT CAN YOU DO TO OVERCOME IT?

Once clean, therapy and counseling are in your best interest for staying sober. Talking with a psychologist can help you get some clarity, advice, and an unbiased viewpoint on your situation. It is also wise to surround yourself with supportive friends and family members who love and care about you. Eliminate negative or harmful friendships with people who do not have your best interest in mind.



It is wise to choose to not face your journey alone. If you aren't already, try seeking out professional counseling. They will help you work through past traumas and help you understand your addiction. Whether it's individual or group therapy, counseling can offer tremendous amounts of support for you to live an addiction-free life.



With Addictive Personality Disorder, it is important to keep yourself busy. Boredom is often a cause for relapse and can be avoided if your time is filled up with healthy lifestyle activities. Always make sure you are not attempting to solve your addiction problems with another addiction. For example, those on the road to recovery for alcoholism may turn to food for their comfort on a bad day, effectively substituting one addiction for another. Other substitute addictions may be gambling, smoking cigarettes, shopping, sex, and the internet. Be wary that you don't start investing too much of your time and thoughts on one of these things.

## OTHER STEPS TO AVOID ADDICTION:

Get Help At [DrugRehab.Org](http://DrugRehab.Org)

If you or a loved one think you may have Addictive Personality Disorder, contact us today. We can help you find the resources needed to get your addictions under control.