

TYPES OF ADDICTION

Addiction can be divided into two categories: *substance* and *behavioral*, each with unique impacts on individuals.

SUBSTANCE ADDICTIONS

- Alcohol Addiction
- Opioid Addiction
- Stimulant Addiction
- Cannabis Addiction
- Sedative and Tranquilizer Addiction
- Hallucinogen Addiction
- Inhalant Addiction

BEHAVIORAL ADDICTIONS

- Gambling Addiction
- Internet and Gaming Addiction
- Shopping Addiction
- Exercise Addiction
- Food Addiction
- Sex Addiction

Both types of addiction engage the brain's reward system, requiring professional treatment and long-term support for recovery.



Addiction Understanding Addictions

Carlo C. DiClemente



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