

Pathway to Addictions

Traumas / Genetics



Negative Emotions

Lonely

Bored

Inadequate

Overwhelmed

Stressed

Empty

Fear

Powerless

Coping Skills



Emotional Consequences

Short-term

Long-term

Work

Freedom

Escapes



Emotional Consequences

Short-term

Long-term

High

Hopelessness

Release/Relief

Stress/Anxiety

Connectedness

Isolated/Distant

Powerful

Powerlessness

Adequate

Inadequate

Accepted

Guilt

Alcohol/Drugs

Eating Disorders

Sexual Addiction

Rage

Gambling/Gaming

Codependency

Computer Gaming

Shopping

Lying

