

# Pathway to Addictions

Traumas / Genetics



**Negative Emotions**

- Lonely
- Bored
- Inadequate
- Overwhelmed
- Stressed
- Empty
- Fear
- Powerless

**Coping Skills**



**Emotional Consequences**

<u>Short-term</u>	<u>Long-term</u>
Work	Freedom

**Escapes**



**Emotional Consequences**

<u>Short-term</u>	<u>Long-term</u>
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

