

BEHAVIORAL ADDICTIONS

ADDICTION COMES IN MANY FORMS...

- Behavioral addictions are similar to drug addiction except that the individual is not addicted to a substance, but he/she is addicted to the behavior or the feeling experienced by acting out the behavior.
- Even though the behavior produces unwanted outcomes, the individual continues to engage even to the point of great stress and unhappiness.

DANGER SIGNS

- Continuing the behavior despite negative consequences
- Minimizing or hiding the extent of the problem
- Neglecting work, school, family to engage in the behavior more often
- Experiencing symptoms of withdrawal (i.e., irritability, depression) when trying to stop

COMMON BEHAVIORAL ADDICTIONS



RECOVERY IS POSSIBLE



YOU TALK, WE LISTEN!

Touchbase with an EAP Counselor:
Email: eap@nyc.gov or
leave a message: 212.306.7660

