

## **ADDICTION: WHAT IS IT?**

**ADDICTION IS AN ILLNESS IN WHICH A PERSON IS  
DRIVEN BY AN OVERWHELMING UNCONTROLLABLE  
COMPULSION TO CONTINUE A BEHAVIOR THAT IS  
CAUSING MAJOR CONSEQUENCES.**

**THE BEHAVIOR PROGRESSES IN INTENSITY AND  
URGENCY, CONSUMING MORE AND MORE OF THE  
INDIVIDUAL'S TIME, ENERGY AND EMOTIONAL AND  
MATERIAL RESOURCES.**

**ULTIMATELY, IT INVADES, UNDERMINES AND OFTEN  
DESTROYS EVERYTHING THAT IS MEANINGFUL IN  
THAT PERSON'S LIFE.**