



## CHARACTERISTICS OF INDIVIDUALS PRONE TO ADDICTION

1. They may strive for success but don't have a realistic view of what it is.
2. They don't have the ability to set realistic reasonable goals and go about achieving them in a systematic, reasoned way.
3. When confronted by a threatening environment, they try to escape by methods which enable them to forget about those problems.
4. They tend to worry about their own capabilities and suffer from low self-esteem.
5. They are less mature than others and are less able to deal maturely with difficult situations.
6. They tend to lack the skills necessary to solve problems.
7. They do not deal well with stress.
8. They don't deal well with frustration and feel particularly threatened by even low levels of frustration.
9. They often lack spontaneity, creativity, and an eagerness for life.
10. They often feel powerless and victimized by their surroundings and circumstances.
11. They are unable to delay gratification; "I want what I want when I want it."
12. They frequently act impulsively; they seem unable to plan ahead, nor do they appear to be concerned about consequences.
13. They appear to have a sense of entitlement; the attitude is that somehow they should receive favors, special consideration or treatment, although these things were never promised to them or earned.
14. They cannot tolerate criticism; reaction is overstated and personalized. Rejection is usually read into any criticism.
15. They are concrete thinkers; things are perceived as "black or white, good or bad," etc.

16. They have an inability to form close, intimate relationships with others; this is very often due to the absence of close emotional bonds with anyone in their early life. Often, one or both parents were either physically or emotionally unavailable. Alcoholism or drug abuse in one or both parents is common.
  17. They have a fear of intimacy; it is "safer" to lose oneself in a drug than in a relationship.
  18. They test relationships; when involved with another person, they can be demanding of attention, testing the relationship for security, guarantees that they won't be hurt, and for assurance and validation that the person sees them as someone of value.
  19. They have manipulative behavior; experts at using deceit, misrepresentation, etc. to get others to do things for them.
  20. They have masochistic behavior; many such people have a need to punish themselves or deny themselves pleasures. They apparently do things hoping to get caught.
- \*\* NOT ALL TRAITS NEED BE PRESENT IN ALL INDIVIDUALS, IT IS THE SUM OF MOST WHICH COULD INDICATE AN ADDICTIVELY PRE-DISPOSED PERSONALITY.

Hafen, Brent Q., Alton L. Thygerson, and Kathryn J. Frandsen. Behavioral Guidelines for Health and Wellness. Morton Publishing Company, Englewood, Colorado, 1988.

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