Behavioral Addiction

The essential feature of behavioral addictions is the failure to resist an impulse, drive, or temptation to perform an act that is harmful to the person or to others.

The repetitive engagement in these behaviors ultimately interferes with functioning in other domains. In this respect, the behavioral addictions resemble substance use disorders.

almost any type of behavior resulting in pleasure that an individual engages in to the point that it becomes a significant part of their life, often in spite of physical, mental, financial, or social consequences, can be classified as a behavioral addiction. However, **some of the more common behaviors include**:

* Gambling
* Overeating
* Mobile phone use( Instagram, whatsapp, facebook)
* Running and exercise
* Sexual activity
* Shopping
* Computer gaming
* Work
* Internet

These behaviors are normal and a part of a normal lifestyle, but when a person starts feeling a compulsive need to engage in them, feels obsessed and unable to control themselves, and keeps engaging in the behavior even though it’s causing them harm, then it can be thought of as behavioral addiction.

For example, a person might feel a compulsion to gamble, even though they are going deep into debt and [**experiencing social difficulties because of it**](https://www.avalonmalibu.com/methods/couples-family-therapy/). Or the individual who can’t control their urge to eat, even though it’s causing serious health problems.

Further reading : https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3164585/

A close up of a phone

Description automatically generated A hands tied with chains and a cell phone

Description automatically generated   A person holding a phone

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