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How To Identify An Addictive Personality

By Louisville Addiction Treatment Center

If you have an addictive personality then it means you're more likely to become addicted to something. In this case, there may be an obsession, fixation, and physical dependence on drugs and alcohol.

There may be underlying issues going on that create a more addictive personality such as anxiety, depression, or poor impulse control. There may be a tie to repressed emotions that you aren't aware of which can trigger these types of behaviors. Take some time to find out more about what an addictive personality is and how to identify an addictive personality so those that need help can get the right treatment.

What is an Addictive Personality?

Initially, being addicted to something can seem harmless and lighthearted. The issue is that the object of addiction can change over time. For instance, you may be addicted to playing video games and then this can morph into other substances or objects of abuse.

So, what is an addictive personality? It's a hypothetical set of personality traits that can make you more susceptible to addiction such as drugs and alcohol. Keep in mind that addiction is a complex brain disorder that may arise from a variety of factors. For instance, there may be genetic factors, family history, upbringing, socioeconomic status, environment, and drug availability, to name a few. Generally speaking, there isn't a single personality type that's more prone to having an addiction.

You may be wondering the difference between addictions and compulsions as it relates to an addictive personality as well. The main differences between addictions and compulsions have to do with motivation, especially as it relates to pleasure. Initially, addictions are frequently motivated by pleasure. On the other hand, compulsions often lack pleasure. If you're feeding your craving for an addictive substance, the reward is dopamine. It's a chemical released once the brain is rewarded. You're now chasing a reward once this becomes a habit, which can be exceptionally difficult to stop.

Tips for Identifying an Addictive Personality

You may be wondering how to identify an addictive personality and what signs to be on the lookout for. There are several traits to be aware of that will help you identify an individual with an addictive personality. While depression and anxiety can be one path to having an addictive personality, it's not always the case.

There are several other and better indicators to be aware of and know about, including:

- Binge or comfort eating
- Checking one's phone or social media constantly
- Using alcohol to relax and socialize
- Impulse buying and excessive shopping
- Obsessing
- Gambling
- Constant risk-taking
- An inability to curtail harmful activities or use harmful chemicals

When a person can control their actions it signifies a lower level of attachment and healthy boundaries. There may also need to be some sort of intervention if you or someone you know tends to hide these types of harmful behaviors. There may also be the inability to demonstrate impulse control and the habit of needing constant excitement and having rapid unplanned behavior may ultimately become compulsions or addictions.

There are also addictive behaviors versus addictive traits that come into play. You may find it more helpful to observe behaviors instead of only considering traits. For instance, these may include comfort eating, buying things to feel better, and self-medicating with drugs or alcohol. Some ways to avoid risky behaviors are to practice self-care, socialize without alcohol, build strong relationships, limit your screen time, get help for mental health concerns, and lower stress by using healthy relaxation techniques.

Treatment Options

One of the best ways to figure out how to get better and healthy is to dive deeper into the treatment options. Getting help for an addictive personality will be life-changing and ensure you or the person who's in need of help can live a long and fruitful life. The path to recovery always begins with taking a step forward to heal and address the issue head-on.

Here at Louisville Addiction Treatment Center, our outpatient addiction treatment program can help you overcome drug and alcohol abuse through our integrated, multifaceted approach to treatment. The following treatment services are available for you or someone you know to consider.

Intensive Outpatient: Our intensive outpatient program helps those addicted to drugs and alcohol find a sustainable path to long-term recovery through continued, long-term treatment.

Outpatient Program: The outpatient program at Impact Outpatient Program is a step-down level of care program that incorporates the foundations of our core program on a less intense basis.

You may be wondering the difference between IOP and Intensive Outpatient Program. At an inpatient residential program, you will live "on-site" at the treatment center throughout the duration of your treatment program. The length of your treatment program is typically determined based on the nature and severity of your addiction, so it will vary from person to person. One of the most significant differences (and benefit) between these two programs is that outpatient programs allow you to seek addiction treatment while remaining at home with your family and loved ones.

Multiple Pathways: Impact Outpatient Program offers multiple pathways to addiction recovery through traditional and evidence-based programming at our Louisville area treatment center.

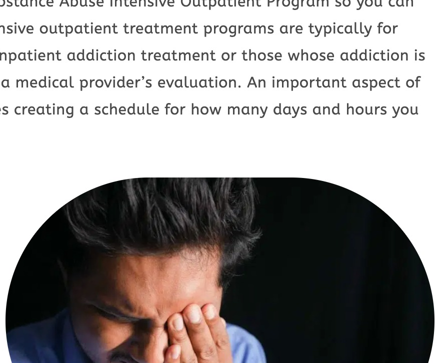
Telemedicine: Impact Outpatient Program offers virtual, telemedicine sessions to all clients. This will make it easy to fit treatment into your everyday life and schedule without missing out on other things. In the last few years, the world of medicine, mental health treatment, and addiction treatment has changed. Telehealth for addiction has become a more prominent way to seek and get much needed addiction help when attending an in-person program is not an option. For many people, the growing availability and popularity of telemedicine works as an alternative means to communicate with your therapist and receive valuable medical services from any location.

Why choose us and our services? The Impact Outpatient Program is a one-of-a-kind outpatient drug and alcohol treatment center that offers a path to lasting, sustainable recovery. Below is a summary of what we believe in, stand for, and represent.

- Community-focused: Impact Outpatient Program's foundation is based on serving the local community and surrounding areas in the fight against addiction.
- Individualized plans: Here at Impact Outpatient Program in Louisville, we offer a truly individualized and personal experience in treatment to every client who enters our program.
- Evidence-based therapies: From medication-assisted therapy to CBT and process groups, we utilize a number of proven and effective therapies to treat addiction.
- Judgment-free care: When you enter the program at Impact, you will receive compassionate, judgment-free care from our staff and your fellow peers.

What to Expect & Next Steps

You must know what to expect at a Substance Abuse Intensive Outpatient Program so you can have the best experience possible. Intensive outpatient treatment programs are typically for someone who has recently completed inpatient addiction treatment or those whose addiction is considered mild or moderate based on a medical provider's evaluation. An important aspect of the treatment planning process includes creating a schedule for how many days and hours you will attend treatment each week.



The first step is typically a comprehensive evaluation. The evaluation will assess your individual treatment needs to determine the best treatment model for you. Your treatment team will then use the assessment information to develop an individualized treatment plan based on your unique addiction treatment needs. Your treatment plan will also consider other essential needs such as medication management, co-occurring mental health conditions, and co-occurring medical conditions. Depending on the severity of co-occurring mental health or physical health conditions, the treatment staff at the intensive outpatient may recommend a stay at a residential treatment program to ensure you can receive the most comprehensive treatment during detox and early recovery. Many intensive outpatient programs require drug and alcohol testing while you attend the program. A positive test may be an indicator that you require a higher level of treatment like a residential program.

If you think you yourself or someone you know has an addictive personality then it may be time to seek help and treatment. It's important that you contact admissions right away so we can collect your information and get you started on the path to peace and better health.

Conclusion

Having an addictive personality isn't always obvious to the person who's immersed in it. If you notice a loved one is experiencing these signs or symptoms then it may be time to seek help and treatment. You now have the information, tools, and advice you need to make a decision about how to proceed. The first step is getting the necessary help so that you or someone you love can move forward in a positive direction and live life to the fullest. It's best to act right away and get the help you need than to hit "rock bottom." This way you can begin living your life the way you really want to and in a manner that's best for you. If you have additional questions or comments we encourage you to get in touch with us and our staff today.

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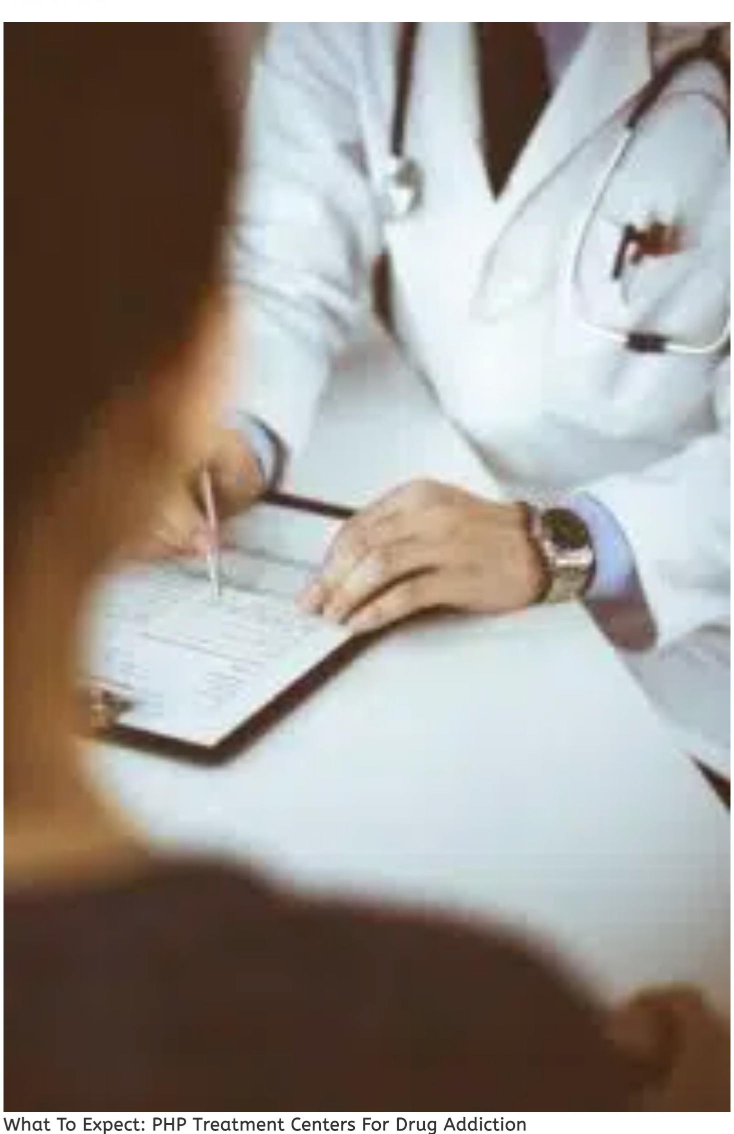

What To Expect: PHP Treatment Centers For Drug Addiction

Partial hospitalization programs – sometimes known as day treatment programs – are popular for some people to recover from addiction issues. Whether you have some

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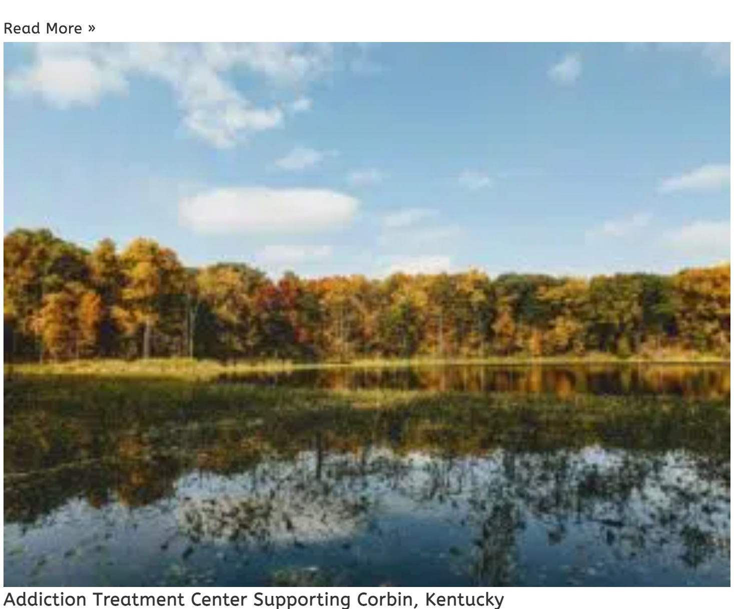

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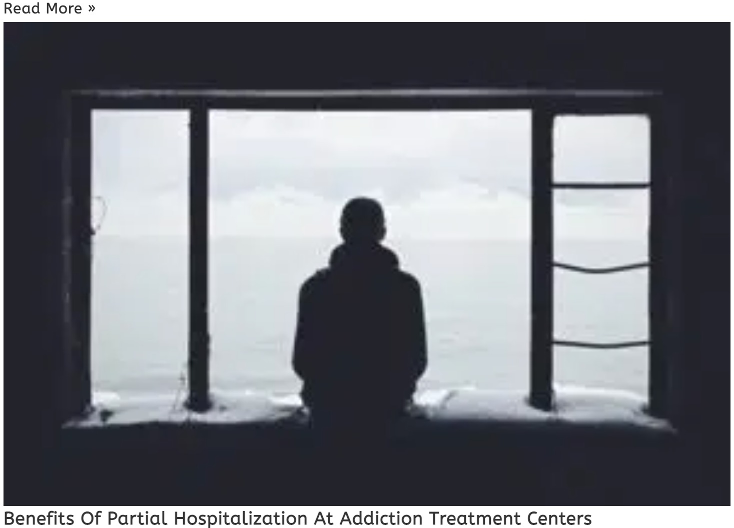

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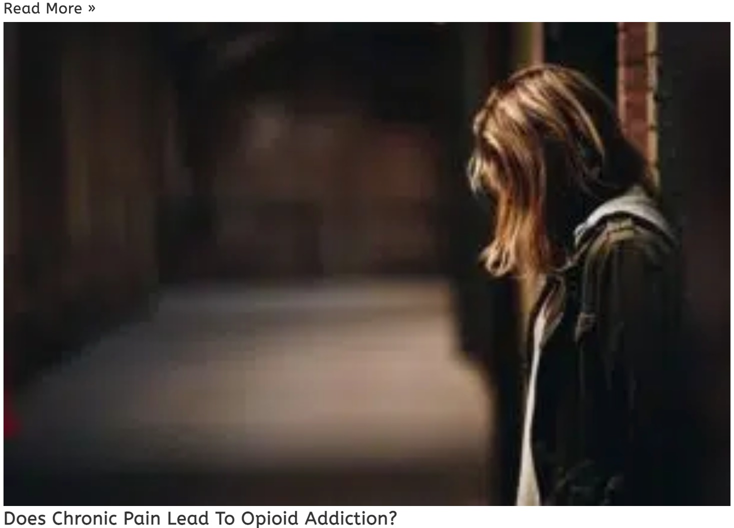

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Hundreds of people across the country live with debilitating chronic pain daily. This is hard to imagine unless you've been in a similar situation. Most

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What We Treat

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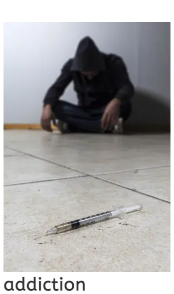
Impact Outpatient Program offers treatment for a variety of addictions and co-ocurring disorders at our Louisville area outpatient drug rehab center.

Alcoholism

treatment

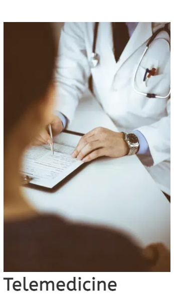


addiction

treatment

dual-diagnosis

treatment



Telemedicine

treatment

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BEGIN YOUR JOURNEY (502) 912-1038

Let Impact Outpatient Program help you find your path to lasting recovery from substance abuse right now. Same-Day Admissions Available.