

Understanding Addiction



Addictive behaviours cause the brain's reward system to produce dopamine. This neurotransmitter is responsible for creating a feeling of short-term pleasure.

Unfortunately, people seek this out in things and substances that often hurt them, in exchange for those short-term feelings.

Addiction in Australia

According to an Australian Government Department of Health survey, approximately **2.6 million Australians** were addicted to alcohol or drugs in 2020



Common Symptoms

Addiction can present differently in different people. Some of the most common symptoms include:

- Lack of control
- Decreased socialization
- Preoccupation with an addictive behaviour
- Borrowing or stealing money
- Losing track of time while engaging in an addictive behaviour
- Engaging in addictive behaviour to escape problems or cope
- Trying to stop an addictive behaviour with no success
- Risking relationships because of an addiction.
- Risky behaviours
- Feeling agitated and angry
- Feeling anxious, fearful, or paranoid
- Sudden mood changes
- Lack of energy and motivation
- Physical withdrawal signs

Managing Addiction

Understanding and properly processing emotions that arise after a traumatic event is absolutely critical for recovery and healing.

Various evidence-based therapeutic treatments can assist trauma survivors in understanding their emotions and developing coping strategies.

Some of the most effective PTSD therapy treatments involve:

- Cognitive behavioural therapy (CBT) for trauma
- Eye movement desensitisation and reprocessing (EMDR)
- Trauma risk management (TRiM).



Getting Help



Call us on **1300 151 110** to book an initial consultation with a qualified and compassionate psychologist.

www.unboundminds.com.au