

## Addiction

An **addiction** is a recurring desire or compulsion by an individual to engage in some specific activity (drug use, gambling, pornography, etc.), despite harmful consequences. These consequences include physical health, mental health, social health or financial health.

In the medical community, the term **addiction** has been carefully divided between physical dependence and psychological dependence. The result of this delineation is that the term **addiction** is reserved for those activities that are “uncontrolled and compulsive”. Activities that have apparently no damage being done to the individual or other parties are deemed to be **compulsive**.

**Addictions** always have both physical and psychological aspects. Those individuals involved in these activities often are not aware of the true nature of their **addiction** or its effects on their lives, especially its affects on family, friends and employment.

**Addictions** that are left untreated by self-help, church attendance, counseling or other professional care always lead to greater negative consequences.

**Addictions** can be treated successfully. However, most successful treatments involve the individual, a closely knit support network of family and friends and a professional network of physicians and counselors.

References:

Wikipedia

[www.WebMD.com](http://www.WebMD.com)