

# An Opinion on Whether Addictive Personality is Real or Not and What are its True Visual Signs

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**Received** 26 April 2021; **Accepted** 14 May 2021; **Published** 21 May 2021

## Introduction

A quest for "addictive personality" yields a number of meanings, many of which include the existence of anxiety or depression, as well as hereditary predisposition and past trauma. The term is often used to describe a person's chances of becoming addicted to a substance or behaviour, such as narcotics, alcohol, shopping, eating, gambling, or sex.

"There are addictive characteristics that are particularly heritable," says Gary Sachs, MD, a Harvard University psychiatrist. "But there is more to it than that, including life experiences and circumstances." "At the end of the day, someone may develop a dependency on something."

In a nutshell, addictive personalities do not exist. Learn about addiction's risk factors, the causes of addiction, and how to get help.

## Is an addictive personality a real thing?

An "addictive personality" is not a diagnosable medical condition, as many addiction experts and physicians point out. This means it isn't specified in the DSM-5: Diagnostic and Statistical Manual of Mental Health Disorders, which is the gold standard for diagnosing and treating mental illnesses.

While the roots of the word addictive personality are unknown, Sachs claims that people have long sought to understand the causes of addiction.

Addiction is a chronic medical condition that involves complex interactions between brain circuits, physiology, the environment, and an individual's life experience.

People may become addicted to a number of habits in addition to substances like alcohol and narcotics.

## Signs of addiction

Addiction is a very real disorder, even though the word "addictive personality" is a myth.

- Always wishing for more of a particular material
- Persisting in an action amid negative consequences
- Inability to obey your own laws
- Inability to avoid a habit or use a drug
- Obsessive thoughts
- Using addictive habits to replace relationships
- Secrecy
- Borrowing or stealing money without justification
- Mood changes
- Lying

A psychiatrist or mental health professional will tell you if problem-solving therapy is appropriate for your situation. Problem-solving therapy can be beneficial for you if you are dealing with real-life concrete issues for which you are having difficulty seeking solutions.

## Format of Problem-Solving Therapy

- Enlarged or tiny pupils
- Sudden weight loss or gain
- Bloodshot eyes
- Insomnia
- Unusual body odors, either from the drug or from poor grooming
- Poor physical control
- Unkempt appearance
- Slurred speech
- Memory failure or blackouts

## How to get help for addiction

Despite the fact that addiction is a life-long, lifelong struggle, Sachs says there are many treatment options. If you think a loved one is having difficulties, provide assistance and urge them to seek clinical aid, but don't lecture, use blame, or argue with them.

Inpatient substance dependency treatment services provide medical as well as psychological support.

There are also a variety of emotional support groups, including Narcotics Anonymous, SMART Recovery, Sex Addicts Anonymous, Gamblers Anonymous, and several others.