

# Addictions

When does a “habit” become an “addiction”? Addictive behavior is maladaptive or counter-productive to the individual. Instead of helping the person adapt to a situation or overcome problems, it tends to undermine these abilities. Addictive behavior is also persistent. An addicted person will continue to engage in the addictive behavior despite the fact that the behavior is causing them trouble.

Many addicts do not think they have a problem as long as they are enjoying themselves and can hold their lives together. As time goes on though, the reality is that the addiction, and the secretive nature of their behavior, tends to limit the addict’s individual freedom as they become more involved in the addiction. When people are addicted, their life becomes focused on carrying out the addictive behavior and relieving withdrawal, rather than the full range of experiences which come as we live life the way God intends – with full potential for happiness.

Addictions are harmful to the addict as well as to the people around them. The biggest problem is the addict’s failure to recognize the harm their addiction is doing. This is especially true when the addiction is the person’s main way of coping with the other problems they have such as relationship, financial, or career issues. Often the harm of the addiction is not recognized until there is a crisis, such as a serious illness, legal issues, a partner leaving, or the loss of a job.

Alcoholism, drug abuse, pornography, sexual addiction, gambling – the list goes on and on. Whatever addiction you are dealing with, it is important to know that there is help available.

If you would like to speak with someone about your situation, we would love to have an opportunity to talk with you. Please email us at [care@fairfax.cc](mailto:care@fairfax.cc). We have resources that could be helpful.