

How to Know if You Have an Addiction

Another Road Addiction Recovery, a Toronto rehab facility for substance abuse, weighs in on how you can know if you're addicted or not.



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10, 2018 /EINPresswire.com/ -- Addiction is a dangerous condition that effects hundreds of millions of people every single day. The word addiction refers to far more than just drugs and alcohol; more common addictions include junk food, bad habits, Netflix, video games, and so much more. Many people may not even know they are addicted to something because they are not willing to admit to themselves or others in fear of judgement or shame.

This inherent denial and internalization of negative behaviours or substance abuse are what makes addiction so dangerous. The only thing harder than fighting an addiction is having to do it alone, an unfortunate reality that many addicts face. If you suspect that you - or someone you know - are fighting an addiction, here are a few steps you can take.

1. Cravings

Cravings may be difficult to recognize in others, by they are one of the key factors in self-identification of addiction. If you notice any sort of intense urges or cravings for a substance or activity, it may be a clear sign that you are addicted or at least dependent on said behaviour.

2. Lying

A telltale sign of any sort of addiction is lying. While some people may be good liars, it's often easy to tell when a person is not being truthful about their behaviour. Motives vary, but if you sense that someone (including yourself) is deliberately telling half-truths or lying altogether, you may want to find out why.

3. Financial Stress

Addictive behaviour is often expensive - drugs, video games, alcohol, and many other addictions can cause financial strain. If a person is struggling to make rent or pay for any other necessities, it could be because of an addiction.

4. Isolation

Many people who are facing problems with addiction don't want to admit it to themselves or their peers. Instead, people who are suffering will often isolate themselves to indulge in their addictions free from judgement, avoiding reality and allowing relationships to deteriorate.

5. Withdrawal

Symptoms of withdrawal become increasingly apparent as addictions get more serious. Cravings and

desires turn into irritability, shaking, sweating, and other physiological reactions in absence of the substance or behaviour of choice.

These steps can be helpful in trying to diagnose an addiction, but it is always best to seek the help of a professional to fully understand the depth of the issue. You can find [affordable addiction centers](#) near you to help with the diagnosis.

About Another Road Addiction Recovery Services: An Ontario addiction rehabilitation centre, Another Road Addiction Recovery Services offers a path to recovery from drug and alcohol addictions. Located in a tranquil rural setting north of Toronto in Caledon, Ontario, Another Road Addiction Recovery Services helps men to recover from drug addiction and alcoholism through a professional, comprehensive client-centered and family-focused program of treatments personalized for each client. This full-service, live-in [alcohol and drug abuse treatment facility](#) offers men with substance addictions professional help quickly, without the wait lines of government-based assistance programs. All Another Roads Addiction Recovery Services principals and counselling staff members have significant experience in the addiction services industry and are caring professionals that are committed to their clients' successful recovery. For more information about Another Road Addiction Recovery Services, visit www.anotherroadaddictionrecovery.com or call 1-844-680-9269.

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