

The Disease of Addiction

Diagnostic Criteria

Chemical Dependency (3 out of 7)

1. **Tolerance:** you need to take more of the substance to achieve the desired effect.
2. **Withdrawal:** you feel physical and emotional discomfort if you cut down or stop using.
3. **Loss of Control:** you take more of the chemical than intended or use for a longer period than intended.
4. **Loss of Activities:** you stop or reduce social, occupational or recreational activities.
5. **Preoccupation:** you spend a great deal of time preparing for use, using and recovery from use.
6. **Negative Consequences:** you continue to use despite experiencing negative consequences as a result of your use.
7. **Failed Attempts to Stop:** you have tried unsuccessfully to cut down or quit.

Pathological Gambling (5 out of 10)

1. Preoccupation with gambling
2. Needs to gamble with increasing amounts of money
3. Unsuccessful attempts to control or stop gambling
4. Restless or irritable when attempting to control or stop gambling
5. Gambles to escape problems or unhappy emotions
6. Chases losses
7. Lies about gambling behavior
8. Has committed illegal acts to finance gambling
9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
10. Accepts bailouts.

Food Addiction/Eating Disorders (3 out of 7)

1. Loss of control
2. Unsuccessful attempts to cut down or stop the behavior
3. A great deal of time spent thinking about food or engaging in the behavior
4. Continuing the behavior despite significant consequences
5. Withdrawal symptoms such as irritability, headaches, or restlessness
6. A need for increased amounts of the behavior
7. Changes in social, occupational, or recreational activities as a result of the behavior.