

CAUSES OF PROCESS ADDICTION

GENETIC PREDISPOSITION

- Family history of addiction increases susceptibility to compulsive behaviors.
- Heritability accounts for 40–60% of addiction variations, per Popescu et al. (2021).

TRAUMA AND MENTAL HEALTH ISSUES

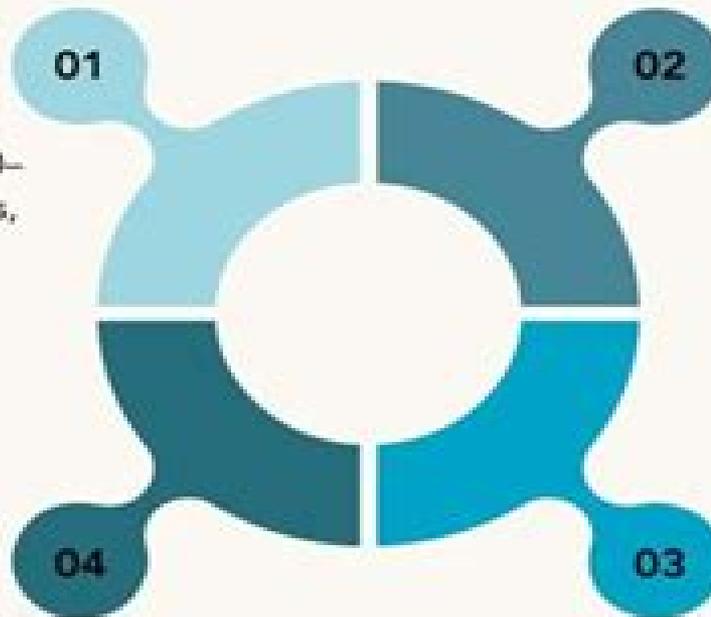
- Trauma, anxiety, and depression often underlie process addictions.
- 40% of individuals with love or sex addiction have co-occurring mental health disorders (Derbyshire et al., 2015).

BRAIN REWARD SYSTEM

- Dopamine surges from addictive behaviors reinforce compulsions.
- Tolerance develops, driving repetitive engagement despite consequences.

ENVIRONMENTAL TRIGGERS

- Peer pressure, family dynamics, and socioeconomic factors influence addiction.
- Normalized behaviors, such as excessive gaming or gambling, increase risks (Loo et al., 2019).



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Addiction Process

Richard Bailey



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