



Why Addiction

Addiction often serves as a coping mechanism, offering a temporary escape from discomfort. This discomfort could stem from various sources, such as unresolved trauma, stress or underlying health issues. The concern with addiction goes beyond the behaviour or substance use itself. It extends to the underlying reasons driving the addiction.

This coping mechanism (addiction) can vary greatly in its intensity and impact on individuals. For some, it may manifest as occasional indulgence or habit, while for others, it can lead to a debilitating dependency. Regardless of the severity, addiction often reflects an attempt to regulate a dysregulated nervous system.

Some common factors that contribute to the development of addiction include:

Trauma

Genetics

Mental Health

Environment

Dissociation

The reasons why addiction develops can vary greatly from person to person and may often involve a combination of these factors.

At Growing Young Minds, we prioritise the exploration and understanding of the underlying drivers of addiction in our clients. We recognise that addiction is often a complex interplay of various factors, including genetics, environment, and personal history.