

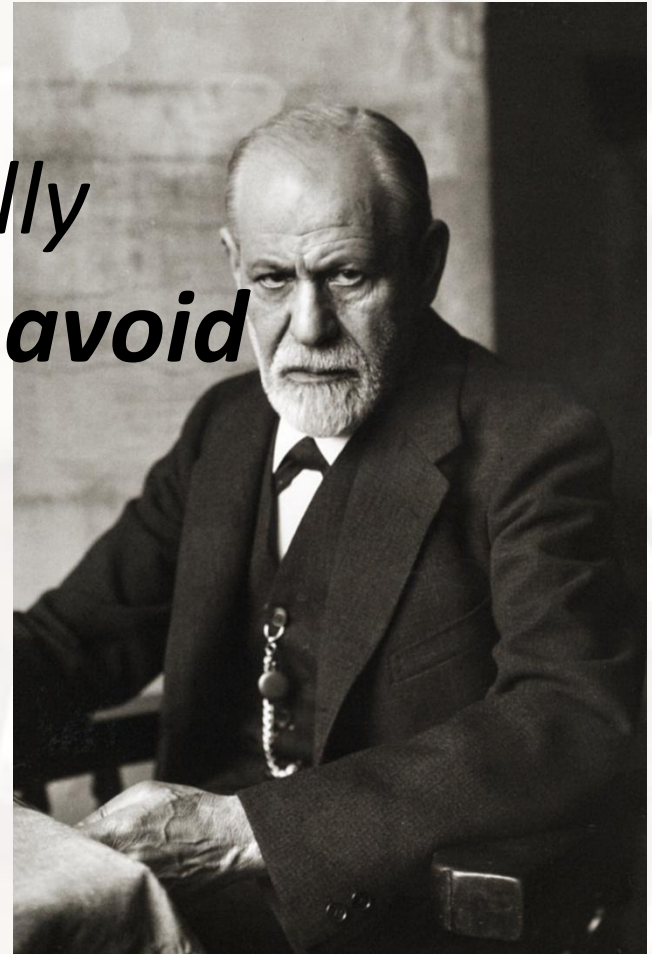
The background of the slide features a close-up, slightly blurred image of wooden letter tiles and a Scrabble rack. The tiles are light-colored with dark letters and numbers. Some visible tiles include 'A', 'G', 'C', 'E', 'D', 'T', 'I', 'O', 'N', 'R', 'H', and 'A'. The rack is a long, light-colored wooden strip with several tiles already placed in it, including 'D', 'D', 'I', 'C', 'T', 'I', 'O', 'N'.

34. Addiction

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*People generally
seek **pleasure** and avoid
pain*

-Sigmund Freud



What is addiction?

- Many of us want to watch **regularly** episodes of a favourite TV show or videos of a favourite YouTuber

 This doesn't necessarily mean you are addicted to TV or YouTube

- If the activity starts to take over your life and becomes compulsory, it might forming into an addiction

Addiction

- Addiction is a disorder in which you compulsively seek the rewarding stimulus e.g. pleasure despite the harmful consequences
- Things that bring us pleasure:

Food

Health

Drugs

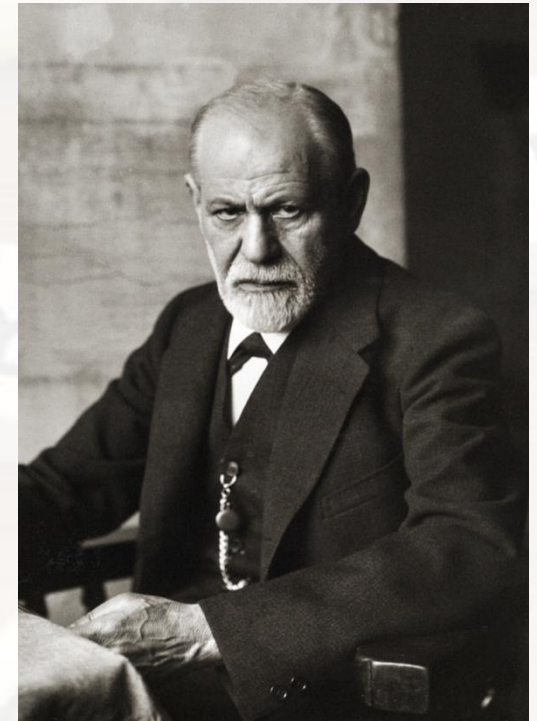
Sports

Social
media

Friends

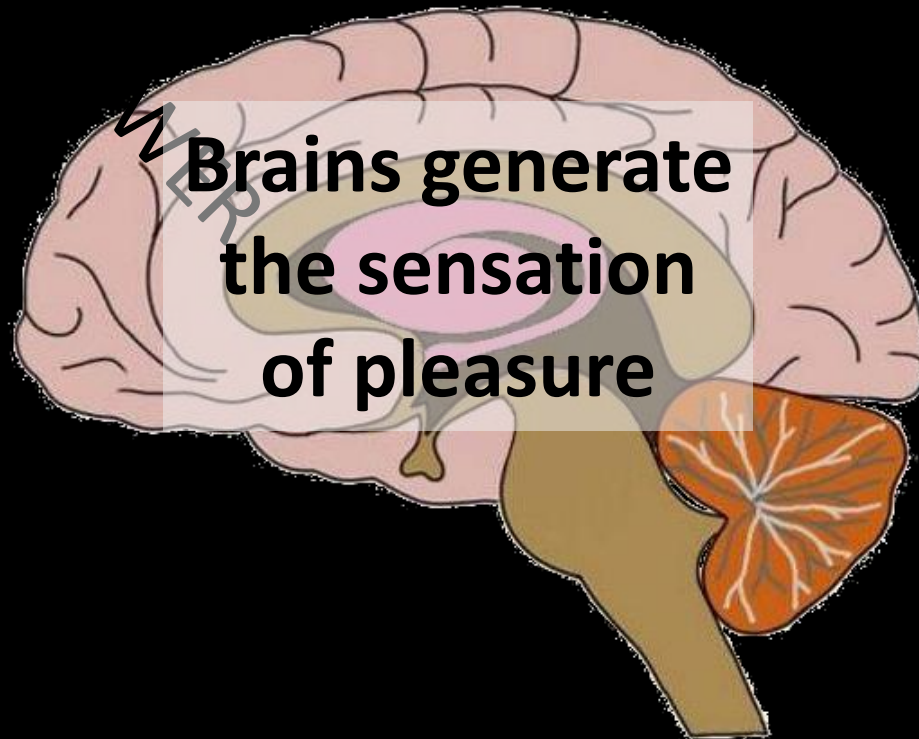
Video
games

Entertain-
ment





Addiction

Addiction



Kidnap's our brains reward system

Physical addiction	Pshycological addiction	Social addiction
<p data-bbox="117 525 600 632">Causes bodily withdrawal symptoms</p> <ul data-bbox="117 715 349 946" style="list-style-type: none">• Nausea• Sweating• Insomnia• Shiver 	<p data-bbox="697 525 1219 632">Withdrawal symptoms cause mental symptoms</p> <ul data-bbox="697 715 1180 946" style="list-style-type: none">• Anxiety• Lack of concentration• Nervousness• Bad mood 	<p data-bbox="1277 525 1789 825">Compulsory need to engage in social activity e.g. shopping, social media, mmorpg's or partying</p>

Homework

- Come up with an example of
 1. Physical addiction
 2. Mental addiction
 3. Social addiction
- How can you overcome an addiction?