

Personality Traits of Addiction Worksheet

Personality traits of an Addict:

● <i>Failure to sustain relationships</i>	● <i>Spending too much time on social media</i>
● <i>Getting frustrated and irritated easily</i>	● <i>No Guilt</i>
● <i>Risk taking</i>	● <i>Anger outbursts</i>
● <i>Poor Impulse Control</i>	● <i>Social Isolation</i>
● <i>Mistrust in relationships</i>	● <i>Substance abuse</i>
● <i>Can get violently</i>	● <i>Unable to maintain close relationships</i>
● <i>Obsessions & Compulsions</i>	● <i>Gambling</i>
● <i>Risk taking</i>	● <i>Poor Self-regulation</i>