

Addiction

If you are physically and/or mentally dependent on a substance or habit, you may be addicted. An important criterion for recognizing an addiction is that the habit is adversely affecting many of your other activities, including your studies. Addictions can affect the way you function in various respects:

- Your physical well-being (e.g. nausea, shaking, excessive sweating, difficulty concentrating)
- Your emotional well-being (e.g. anxiety, depression, lack of confidence)
- Your social well-being (e.g. isolation, avoiding fellow-students)

In case of an addiction to habits it is difficult for you to break the habit and your behaviour revolves around indulging in the habit in question. Examples include: addiction to gaming, the internet, sex or gambling. In case of an addiction to substances it is difficult for you to stop using the substance and your behaviour revolves around obtaining and using the substance in question. Examples include: addiction to alcohol, amphetamines (speed), ecstasy and THC (dope, cannabis).

QuickScan

- Are you using the substance or indulging in the habit more frequently than you'd intended?
- Do you spend most of the day thinking about when you'll use it or do it again?
- Do you have a serious or uncontrollable urge to use a particular substance or indulge in a habit?
- Is using the substance or indulging the habit interfering with other activities (e.g. your studies)?
- Do you feel dreadful when you stop using the substance or indulging in the habit?
- Do you feel you really can't do without it?
- Are you ashamed of using the substance or indulging in the habit, and do you avoid the topic or lie about it?

Approach

What can you do yourself?

It is difficult to kick an addiction. The first important step is to be honest with yourself by making a note of how often/many/long/etc. you take or do whatever it is (drugs, gaming, etc.). It can also be useful to try to understand what the habit means to you by listing the pros and cons and trying to be honest about it.

What can we do for you?

Cognitive and behavioural therapy (e.g.) can help you to get a grip on your addiction. We can offer you short-term individual consultation and/or help you look for a suitable treatment outside of TU Delft. Visit <http://psychologists.tudelft.nl>. It's also possible to consult a psychologist from Brijder (healthcare service specialized in addiction) for free at TU Delft (E&SA building; 30A). You can register via psychologists@tudelft.nl.

More information

- Rewire - Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior (Richard O'Connor), ISBN13: 9780147516329