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END WITH CONTROL

DO YOU HAVE ADDICTIVE PERSONALITY TRAITS?

[These traits must be placed in the context of recognizable patterns or habits in your life that you struggle with and/or have resulted in adverse consequences to your spiritual, psychological (emotional & mental), physical, and financial health].

Please keep in mind that not all traits are listed and the label of "addictive personality" is deceptive as there is no one set addictive personality type.

- unable to self-regulate
- [poor impulse control]
- adventurous and risk-taking
- disconnected and cautious
- obsessive and/or compulsive
- apathetic
- history of unrealized or repressed emotions
- comfort eating/binge eating
- low tolerance for stress
- blame shifting
- using things, people, substances, or illicit drugs to relax and/or cope

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- impulsive behaviors
- gambling
- a sense of emptiness [never feeling satisfied]
- despite the damage, being unable to stop performing the habit
- a paucity mindset
- a lack of healthy boundaries
- struggle with letting go
- a need for constant stimulation
- anxiety
- non-conformity/ feeling like you don't fit in or belong