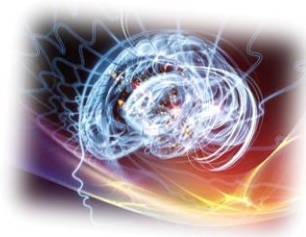


LIVING FREE

FINDING FREEDOM FROM HABITS THAT HURT

10 Signs of an Addicted Brain



1. Spending a lot of time with it. *
2. Obsessing, planning, and hoarding of it. *
3. Using it more than intended.
4. Underlying depression, anxiety.
5. Repeated failure to reduce time with it. *
6. Lying, sneaking, hiding regarding it. *
7. Inability to enjoy other pleasures.
8. Work, school, and family deterioration because of it. *
9. Giving up useful activities for it. *
- 10 Withdrawal symptoms when use stops.

* "It" is the addiction, whether it is food, drugs, an activity, or a behaviour.

HOPEFM – Journey To Wholeness