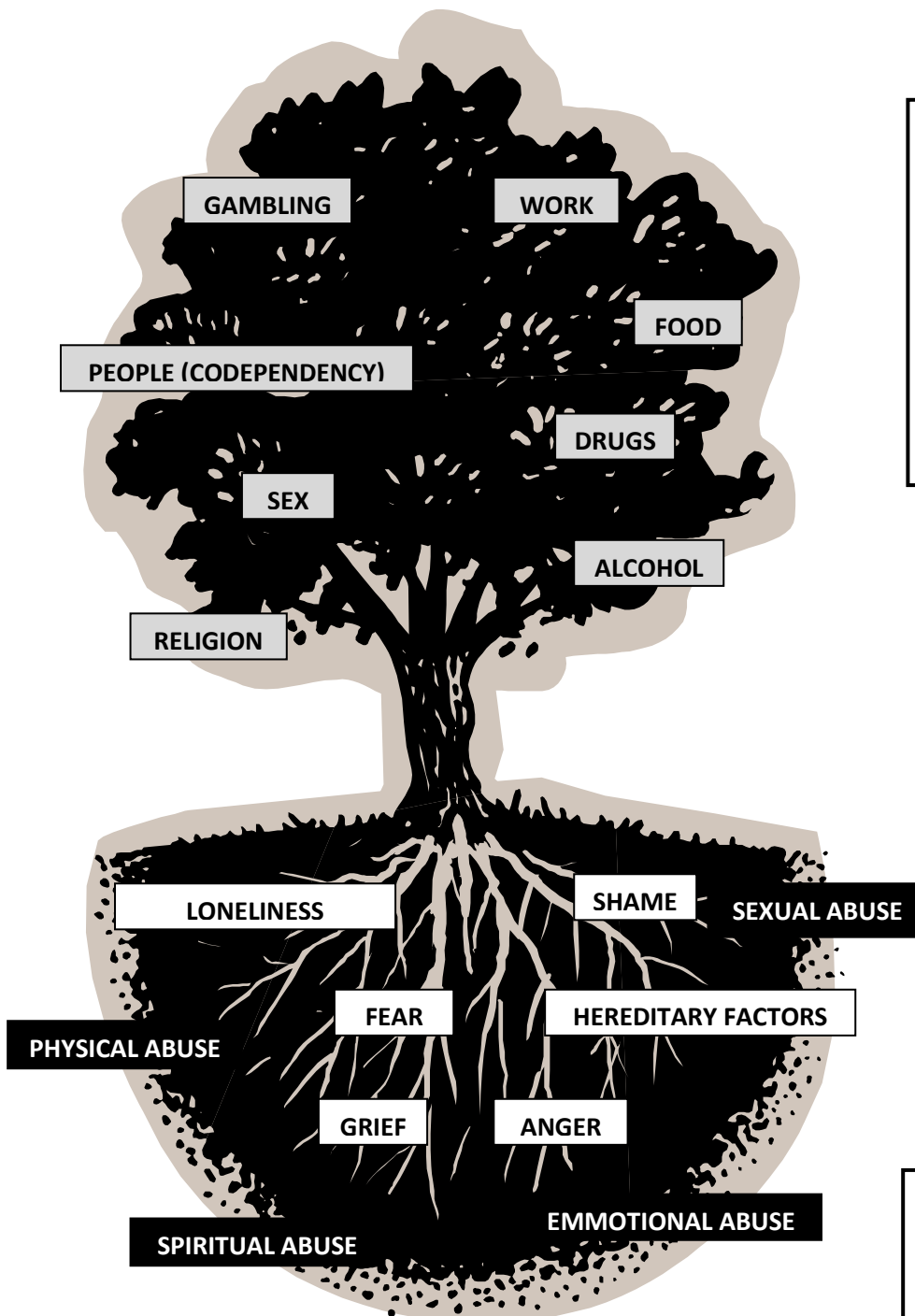


## The Tree of Addictions

A simple and effective way of thinking about addictions is to picture them as the branches of a tree. We can think of each addiction as being a different branch.

However, we know that the part of the tree that we see above the surface is not the whole story. Trees have roots, and so do addictions.

We also know that not everybody who feels grief or fear will become addicted to something, so we also need to think about the conditions in the soil that make it fertile for addictions to grow.



### **Addictions:**

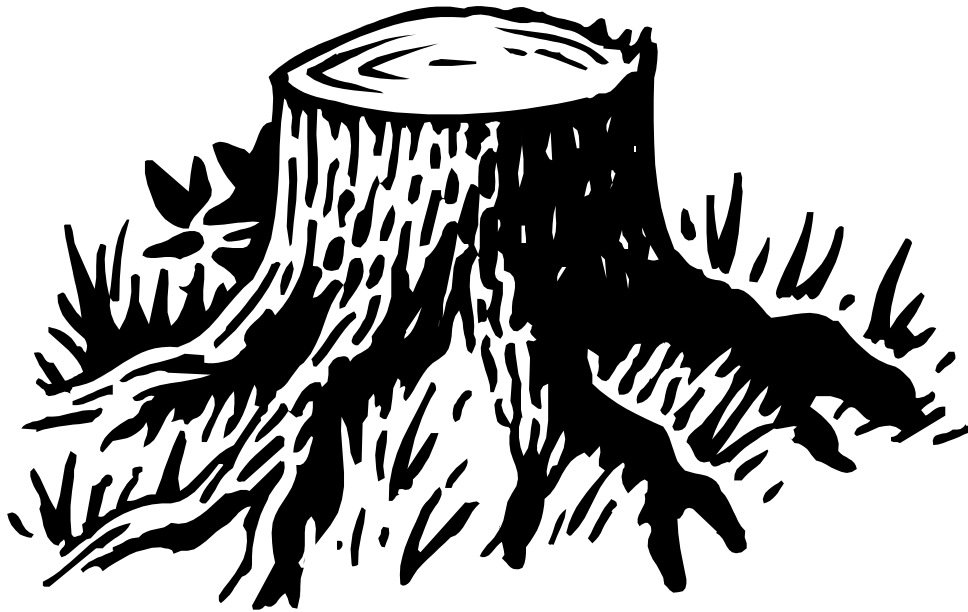
There are many kinds of addictions: Behaviours, Events, Experiences, People and Substances. In different cultures some of them are seen as more acceptable than others.

### **The Roots of Addictions:**

Different people may have different roots (or combinations of roots) for the same addiction

### **The Soil of Addictions:**

Abuse of any kind provides fertile ground for the roots to develop into addictions.



Just cutting down the tree above the surface does not deal with the whole issue...

Without dealing with the roots and the soil it is common for people to stop one addiction but start another. Sometimes this may involve swapping an addiction that is not culturally acceptable (e.g. illegal drug use) for one that is more acceptable (e.g. workaholism).