

### Exposure

- Teen drinking
- Teen smoking
- Teen drug use
- Teen internet use
  - Gambling
- Sexual, physical, or emotional abuse OR neglect
- Culture

### Adult Trauma/ Stressors

- War
- Natural disaster
- Divorce/ loss of partner
- Loss of job
- Victim of violent crime
- Loss of child
- Chronic illness/ disability



### Genetics

- Fewer dopamine receptors
- “Novelty” gene
- Family members with addictions

### Childhood Trauma/ Stressors

- Living in fear or chaos leaves children in a “crisis mode”
- Sexual, physical, or emotional abuse OR neglect
- early losses or catastrophes

### Attachment

“Failure to Bond” with parents or primary caregivers during the first two years of life.  
Inability to establish attachment

### Learning & Modeling

- Growing up in a family in which adults had excessive behaviour, the modeling confirms that this is how to do life and handle feelings

# The Making of an Addict

