

# Recognizing the Risk Factors for Addiction

[renaissancerecoverycenter.com/recognizing-the-risk-factors-for-addiction/](https://renaissancerecoverycenter.com/recognizing-the-risk-factors-for-addiction/)



Addiction is a personal human struggle as old as time. In its latest iteration, addiction has resurfaced at crisis levels. Clinically, addiction is a condition that begins when a person takes a chemical substance (or engages in a behavior), which begins as hedonistically gratifying, but quickly evolves to an uncontrolled compulsion that interrupts your life.

## WHO CAN DEVELOP AN ADDICTION?

“Many people engage in the risky use of alcohol and drugs and anyone can develop a substance problem. Some people may progress and develop a severe addiction. The vast majority of people who use drugs and alcohol – even those who partake in them routinely – do not develop the disease of addiction.”

~ **The National Center on Addiction and Substance Abuse**

## WHY ARE CERTAIN PEOPLE MORE LIKELY TO BECOME AN ADDICT?

The answer to this question depends on a variety of influences the medical community has codified as “Addiction Risk Factors”.

### **#1 Let’s go to the DNA**

The Hedonistic Human’s ethos is: If the feeling were pleasurable, you would seek to repeat it. Although somewhat tame concept at first glance, hedonism often leads the way for other factors to become triggers.

### **#2 Home is Where the Trouble Shouldn’t Be**

If you have grown up in an unhappy home, or, wrestling with the residual effects of a traumatic childhood, you are

likely to want to self-medicate, often the root cause of addiction.

When children go with care, witness family fights, or have a parent using drugs, Addiction risks simply rise.

### **#3 The Dangerous Combination of Mental Health Issues & Drug-Use**

Mental health diagnoses range across a spectrum of causes and remedies. Mental health issues (which are often solvable) that go unchecked will insidiously present as depression, anxiety, and ADD. This is another reason to self-medicate.

### **#4 Troubled at Work & School**

Life's frustrations knock us down to the ground when least expected. They appear at birth and never disappear. If someone has failed at anything, internal conflicts begin to haunt him or her. Life becomes difficult and presents yet another opportunity to self-medicate.

### **#5 Friends Wanted: Drug Users need not apply**

Friends or family members who use drugs might present (purposeful or not) an opportunity that causes a relapse.

### **#6 I Started Too Early**

Drug use at a young age increases the chances of becoming addicted as an adult.

Smokers, alcoholics, and drug abusers have a larger proportion of offspring with addictions than the rest of the population. The social and environmental issues that exist are also important in nurturing addictive behavior.

### **Renaissance Recovery Center Can Help You Be Free from Addiction**

Renaissance Recovery Center is a [drug treatment](#) and [alcohol rehab center in Arizona](#). We are situated among some of the nature's most beautiful, energetic and healing backdrops. The power of the word renaissance lies in its meaning: **Renewal of Life And Vigor!** If you or, someone you love suffers from addiction, [reach out to Renaissance Recovery Center for a free consultation](#) at 480.725.8560. Renaissance Recovery Center is clinically driven, but also integrates a faith based 12-step recovery program. We promote healing and wellness for addicts and their families. Renaissance Recovery Center is an outpatient substance abuse treatment facility.