



# PSYCHOLOGY OF ADDICTIONS

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Theme - Human Minds in the Digital World

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# Introduction

“When a person cannot find  
a deep sense of meaning they distract  
themselves with pleasures”

Victor Frankal

**What are the  
addictions you  
have?**

**Addiction** is a complex disorder that involves a variety of **psychological, biological,** and **social factors.**

**Addiction** is a state of psychological or physical **dependence** (or both) on the use of alcohol or other substance

Sometimes applied to **behavioral** disorders, such as sexual, internet, and gambling addictions.

**11 criteria** (SUD) in 4 class

1. Impaired Control
2. Physical Dependence
3. **Social Problems**
4. Risky Use

**Case 1** - A 16 year old boy using **mobile phone for 11 hours a day**, out of which he uses **instagram for around 7 hours**.



## Case Study

**Case 2** - A 34 year old medical professional working in Canada depending on **Cannabis** followed by a breakup with his girl friend who is 39 years old. He is unmarried and this is his fourth relationship in 3 years.

**Case 3** - An 17 year old girl has had 4 relationships in the last 4 years. Her first relationship started when she was 14 and immediately after the break up of that she entered into another relationship. **Risky sexual behaviors.**

**Can you Identify any **difference**  
between these case studies?**

Type

**Substance Addiction**

**Behavioural Addiction**

Significance - Impact

# Youtube

Indian 29.2 Minutes x 140.76 crores. ie Approximately  
**70 Crores Human Hours** per day

# **Adictionary**

# Significance of the Topic

Impact

**Health**

**Psychology**

**Family**

**Society**



Focus

**De addiction** is  
less important that  
**Emotional**  
**Vaccination**



Emotional Vaccination

**Connect**

**Identify**

**Act**

**Catch them young - Dr SD Singh**



# Psychology of Addiction

# Proven Factors

- **Low self-esteem:** avoid feeling uncomfortable or insecure.
- **Impulsivity:** likely to act without thinking about the consequences
- **Codependency:** One partner has extreme physical or emotional needs, and the other partner spends most of their time responding to those needs,

## Self Esteem

- 1 Self-esteem had a meaningful role in the individual's tendency to **addiction**, **theft** and **prostitution**.
- 2 Those individuals who do not value themselves very highly are going to be at **high risk** of addiction
3. **Recovery** - is difficult

## What is low self Esteem

Self Esteem refer to the way a person values his or her self.

Self-esteem refers to people's evaluations of themselves

## Self Esteem and TA

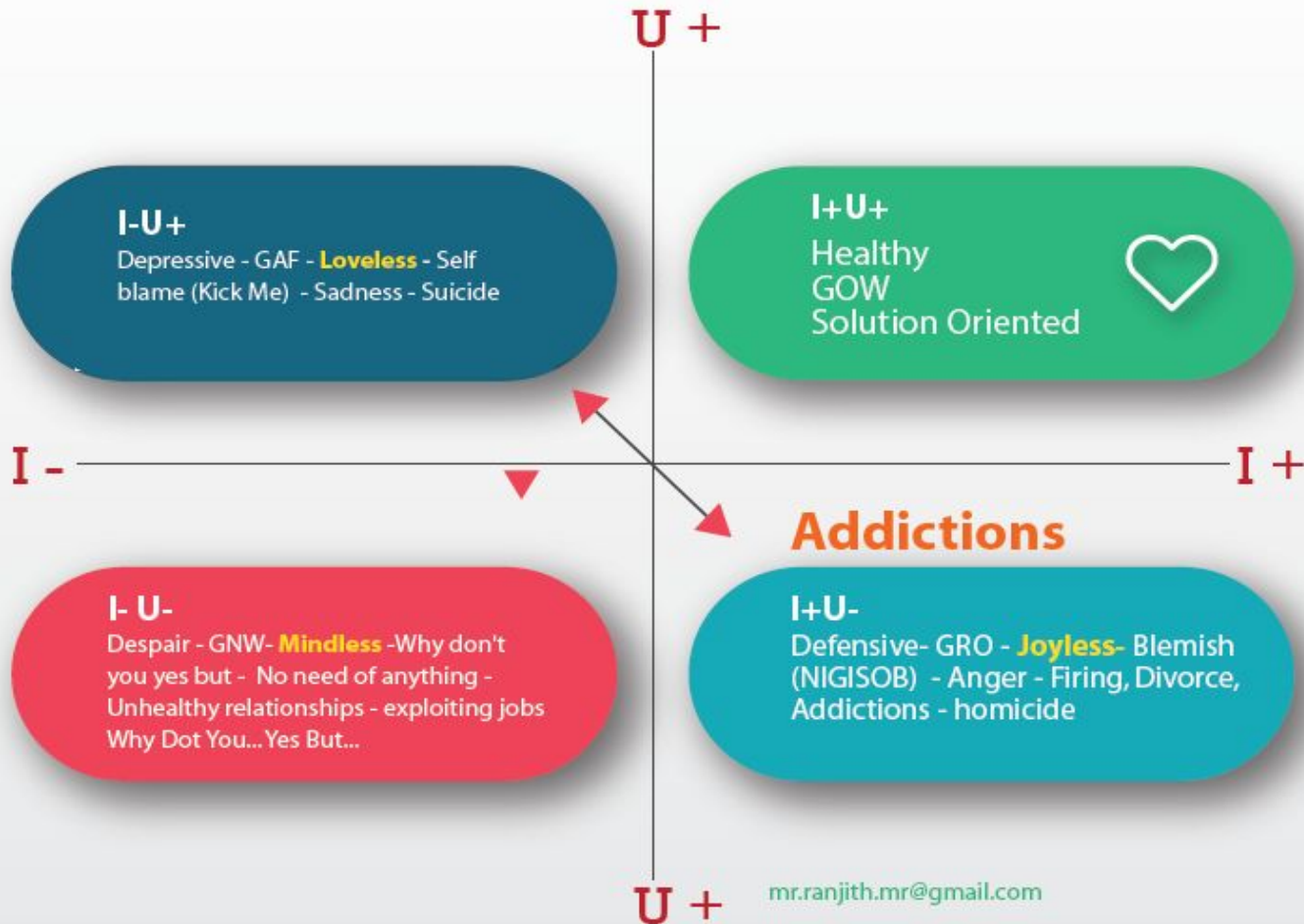
Injunctions - Don't be Important, Don't Be You, Don't Be Separate, Don't Be Visible, Don't (John McNeel)

Life Positions: I+U-, I-U+, I-U-

Deep-seated beliefs about oneself and others that influence our interactions and behaviors..



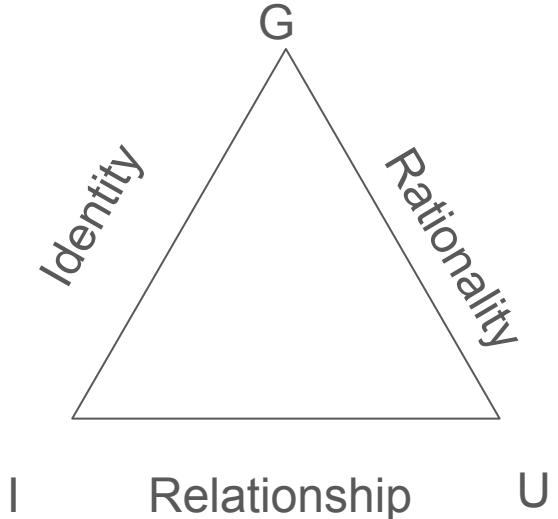
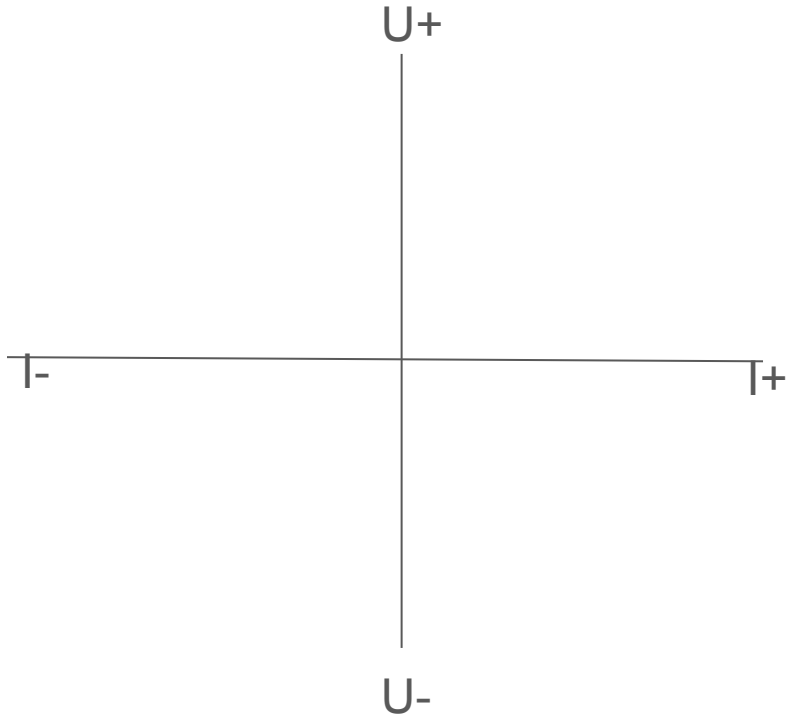
# Life Positions and Script



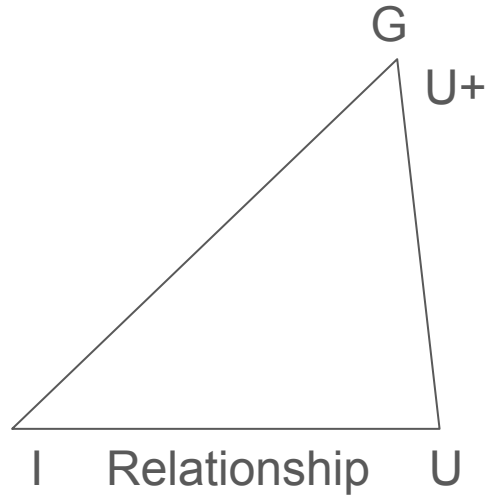
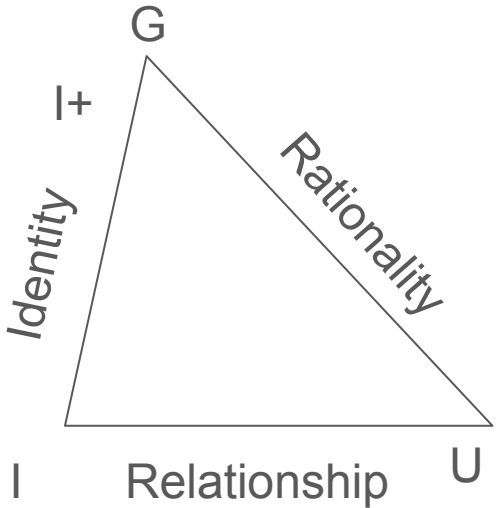
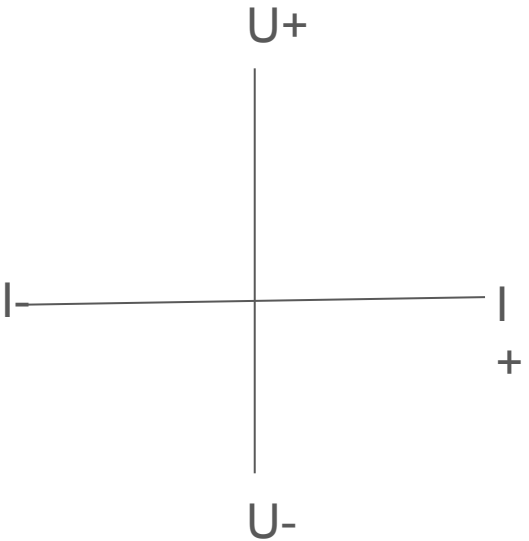
All three unhealthy life positions are involved in addiction but based on the data from therapists [**Claude Stainer, Tony White, Ian Stewart** - I+ U- life position is more connected with addictions

**Joylessness - Sensations - Sexual dissatisfaction**  
**[Don't Feel]**

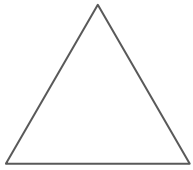
# One more dimension in the GK Frame



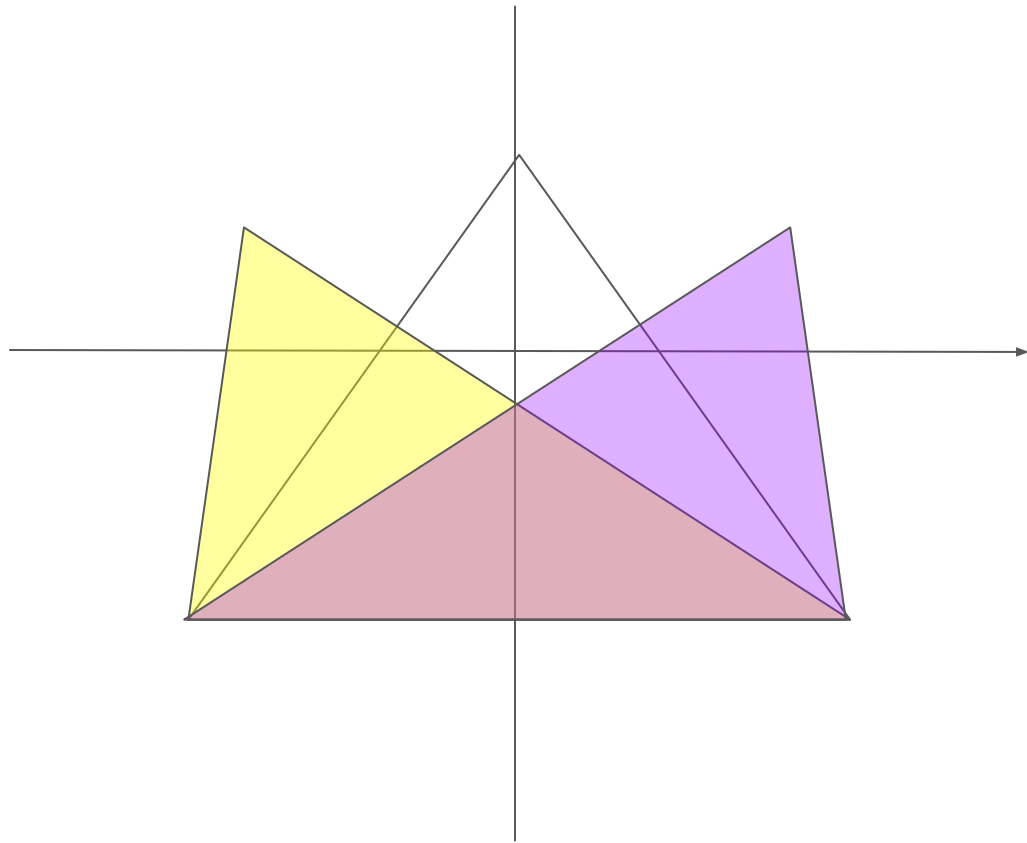
# Identity-Self image - Moving towards I or U

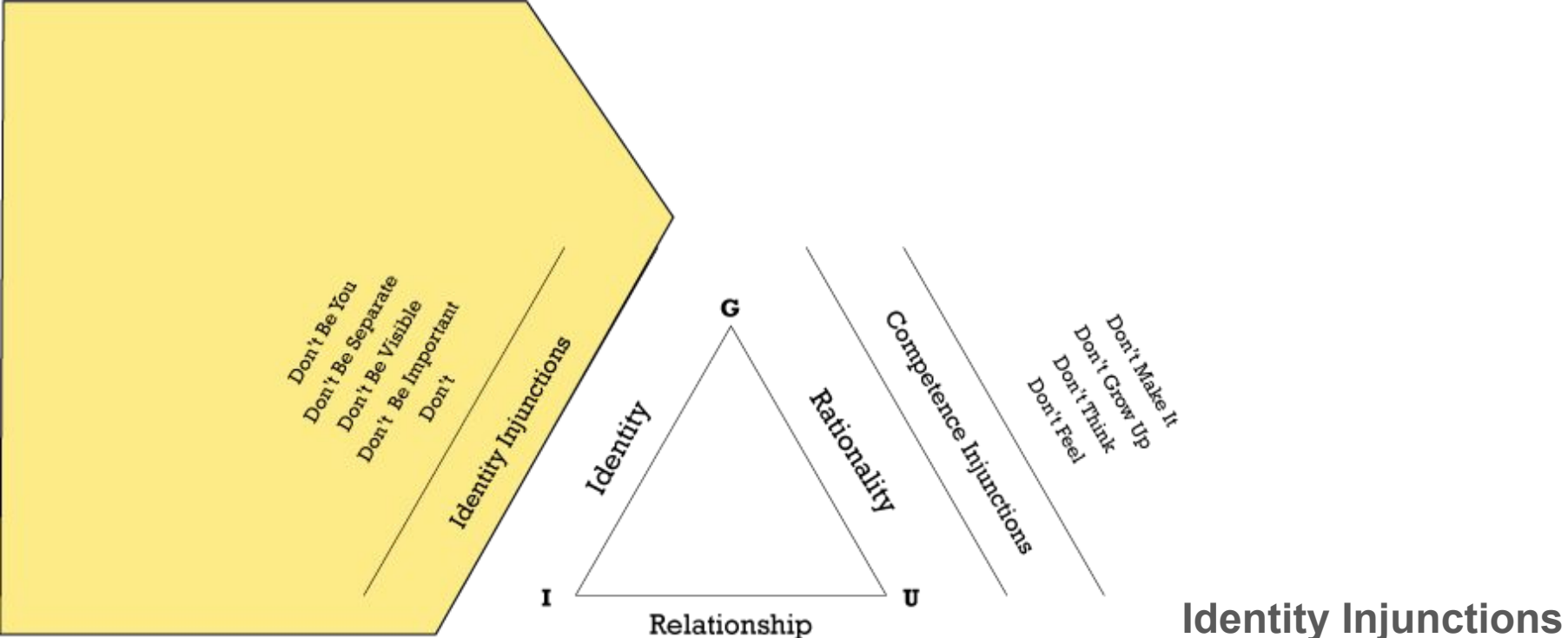


More Rationality



Less Rationality





Survival Injunctions	Attachment Injunctions	Security Injunctions
Don't Exist	Don't Be close	Don't Enjoy.
Don't Be well,	Don't feel attachment	Don't be grateful
Don't Trust	Don't Belong,	Don't Feel
Don't be sane	Don't Be a child	Don't Relax
Don't Touch		Don't Be Happy

## Identity Injunctions

- Don't be you
- Don't be separate
- Don't be important**
- Don't

Fig-4

# Impulsivity

Impulsivity is the tendency to act without thinking, for example buy something you had not planned to, or run across the street without looking.

## **Impulsive behaviour**

- Aggressive behavior
- Restlessness
- Interrupting others
- Being easily distracted

**Don't Think**

**Hurry Up**

# Codependency

- Focused on the needs of others
- Difficulty setting boundaries
- Low self-esteem
- Fear of abandonment
- Strong sense of responsibility for others' feelings and behaviors
- Difficulty taking care of oneself
- A pattern of relationships that are one-sided and emotionally damaging

**Symbiosis in TA**  
First order and  
Second order

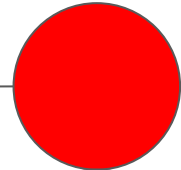


**Why TA?**

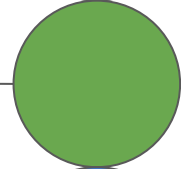
## Why TA in dealing with Addictions - 3 aspects

Addictions have

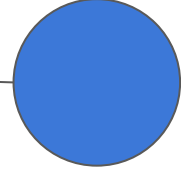
**Social**



**Biological**



**Personal aspects**





**Social Stigma**

Script and Redecision works are effective

# Permission

TO

Be Important, Feel my feelings, Think, Exist

# Power of Group Therapy



# **Phenomenological Diagnosis**

asks 'what does it feel like to be in this state? Does this correspond to a past feeling state?'

*A case where client is denying any type of anger. She refuse to feel her feelings. Where are the therapist is able to feel her feelings intuitively and confront appropriately on the passivity*

*Don't be Important, Don't Feel.*

**How to Heal?**



# Society - Psychology - Biology

TA - Psychology and a holistic approach for healing

Ayurvedic - De addiction - Rejuvenation Methods

Yoga - Pranic Healing - Homeopathy

Permission Therapies

Relationships

Identity

Rationality

# Start Early

Identify Psychological Vulnerabilities in School level

Plan and administrate intervention programs

Individual activities are limited - Work with Government - Institutions - Convince the policy makers

Use psychological assessment tools to identify people from the group

Provide individual attention

## Danam, Daya, Damam

### Giving (Danam)

Give strokes, love, money, possessions. (Giving for good name Seguntho)

I + U- People do charity, but it is for publicity. Gifts are given to people who can give it back. Connect with equal people.

# Empathy

## Daya

Empathy is the ability to understand and share the feelings of others. It is a complex emotion that involves both **cognitive and affective components**

Cognitive component - understanding the thoughts and feelings of others

Affective component - sharing those emotions.

## Emotional control and Emotional Intelligence

# Damam

Know your emotions, Feelings and Sensations

Understand others emotions

Learn to use emotions in a powerful way.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905528/>
2. <https://www.uk-rehab.com/addiction/the-connection-between-low-self-esteem-and-addiction/>
3. <https://psycnet.apa.org/record/2009-12071-036>