

HOW IS ADDICTION A HABIT?

Through what lens can addiction be seen as a habit?

- **NORMAL HABIT:** the repeated and reflexive return to a specific thought pattern, attitude or behavior, which supports or sabotages our goals, formed and sustained by beliefs, attitudes and narratives.
- **ADDICTION HABIT:** the repeated and reflexive return to a *negative* thought pattern, attitude or behavior, which *directly sabotages* our goals, formed and sustained by *distorted* beliefs, attitudes and narratives.