

**TABLE 12.1** Detailed Pattern of Addiction

TOPIC	DETAILS
Course of Illness	the disorder typically begins in adolescence or early adulthood and follows a chronic course with remissions and exacerbations.
Behavioral Features	narrowing of behavioral repertoire, continuation of the behavior despite harmful consequences
Individuals' Subjective Experience of the Condition	sense of craving, preoccupation, excitement during preparatory activity, mood-altering effects of the behavior, sense of loss of control
Progressive Development of the Condition	craving, loss of control, narrowing of behavioral repertoire, and harmfulness of consequences all tending to increase as the duration of the condition increases
Experience of Tolerance	as the behavior is repeated, its potency to produce reinforcing effects tends to diminish.
Experience of Withdrawal Phenomena	psychological or physical discomfort when the behavior is discontinued
Tendency to Relapse	that is, to return to harmful patterns of behavior after a period of abstinence or control has been achieved
Propensity for Behavioral Substitution	when the behavioral symptoms of the disorder have come under control, tendency for addictive engagement in other behaviors to emerge or intensify
Relationship between the Condition and Other Aspects of Affected Individuals' Lives	for example, neglect of other areas of life as the behavior assumes priority
Recurrent Themes in the Ways Individuals With These Conditions Relate to Others and to Themselves	including low self-esteem, self-centeredness, denial, rationalization, and conflicts over dependency and control

Source: Goodman (2007) with permission from Elsevier.