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Chapter 1: Pornography Addiction

- ❖ Porn addiction is very likely a behaviour disorder, one characterised as hypersexual. It is similar to other sexual behaviour disorders like excessive masturbation and cybersex.



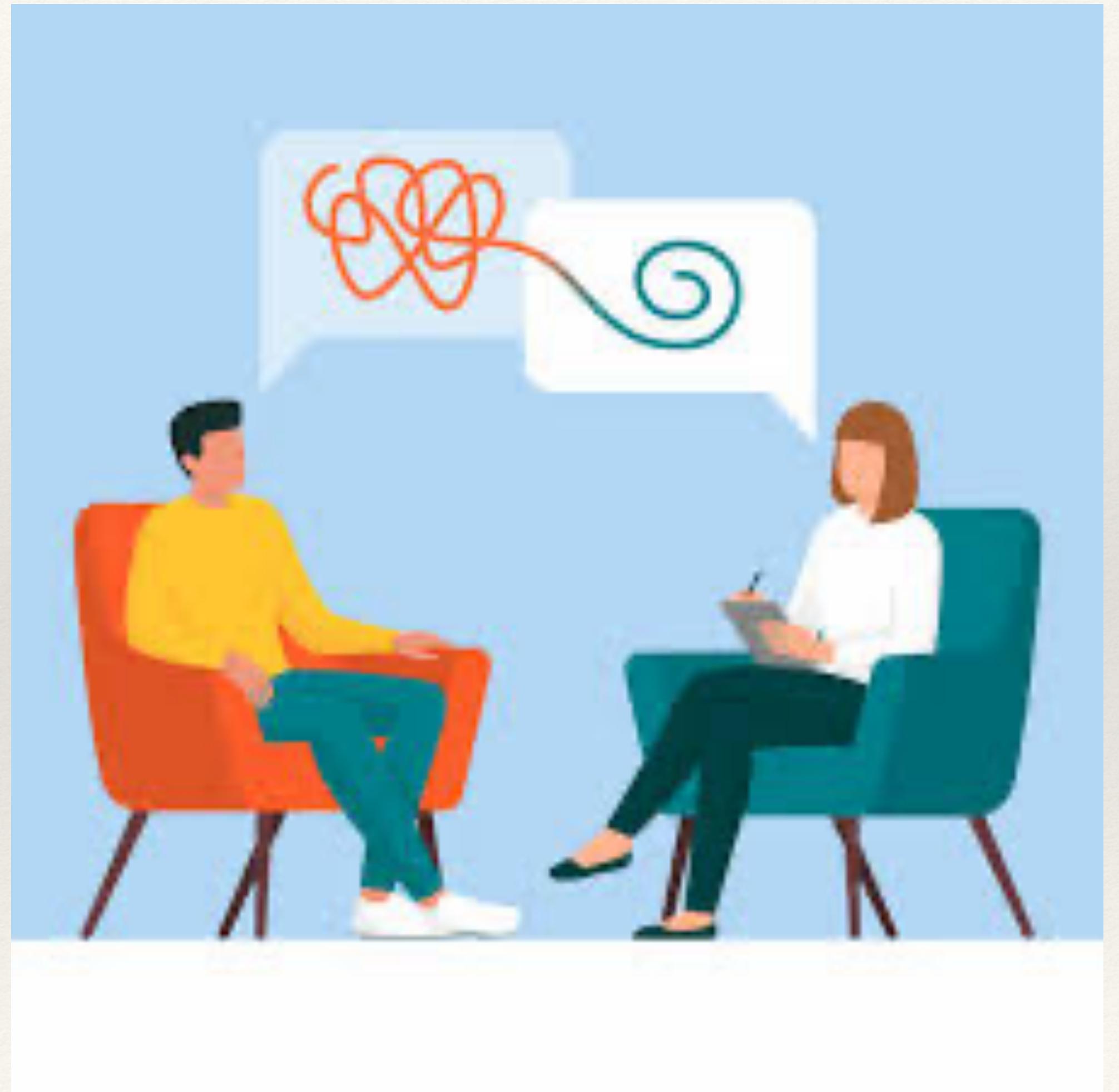
Causes of pornography addiction

- ❖ Brain differences: Biological differences in the chemistry or structure of the brain may make some people more susceptible to behavioral and substance addictions.
- ❖ Cultural factors: Societal expectations about appearance, sex and relationships
- ❖ Stress or psychological problems: Viewing of pornography becomes form of escape
- ❖ Relationship problems: Difficulty to intimate relationships



How to solve the addiction

- ❖ Medication to manage erotic dependence
- ❖ Therapy: Speaking to a mental health professional.
- ❖ Professional guidance can help with wading through the feelings of guilt and compulsion with porn consumption. It can also help to manage the emotional and intimacy challenges caused by the habit.

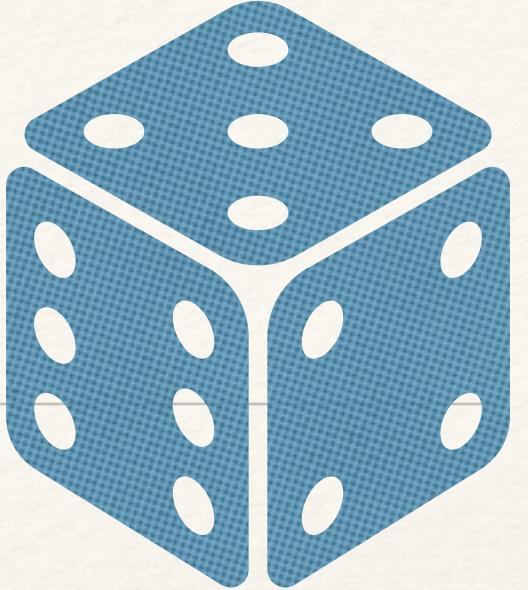


Chapter 2: Betting Addiction

- ❖ Compulsive gambling, is the uncontrollable urge to keep gambling despite the toll it takes on your life
- ❖ Gambling stimulates brain's reward system like drugs or alcohol, leading to addiction.



Causes of addiction



- ❖ Biological factors (abnormalities in serotonin levels)
- ❖ Genetic factors (there are some specific variants of candidate genes that correspond to these neurotransmitter systems associated with problem gambling)
- ❖ Environmental and behavioural factors (Advertisements that promote this act, Easy accessibility of gambling venues, Low-income neighborhoods, Family history of indulging in this act, To get the adrenaline rush, As a means of coping with difficult and stressful situationsTo address certain financial problems.)

How to solve the addiction

- ❖ Therapy: Cognitive- Behavioral Therapy
- ❖ Support groups: It teaches patients the courage to admit their loss of control over the habit and recognise a higher power that can give them the strength to overcome the problem



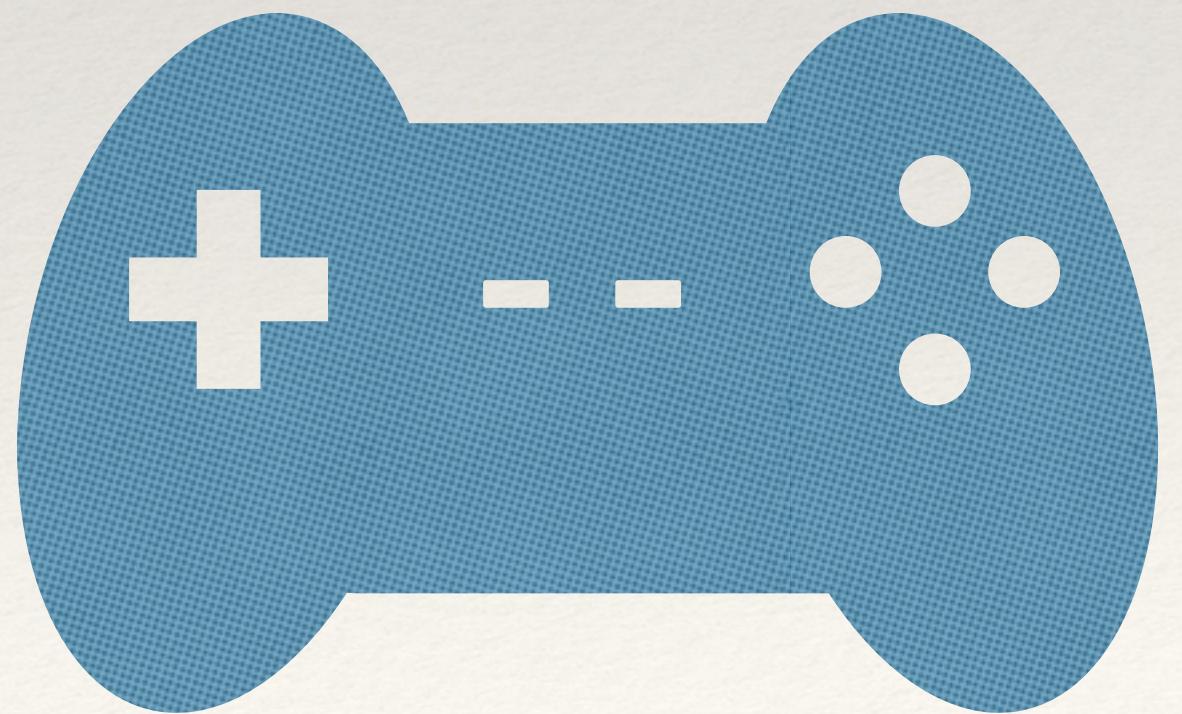
Chapter 3: Video games addiction

- ❖ Video games addiction also known as gaming disorder is defined as the compulsive use of video games



Causes of addiction

- ❖ Video games are designed to be addictive
- ❖ They accomplish this by making a game challenging enough to make the user come back for more



How to solve the addiction

- ❖ Set limits for play and stick on them
- ❖ Include exercise in daily routine
- ❖ Parents should supervise the time children spend on video games and prevent compulsions from starting



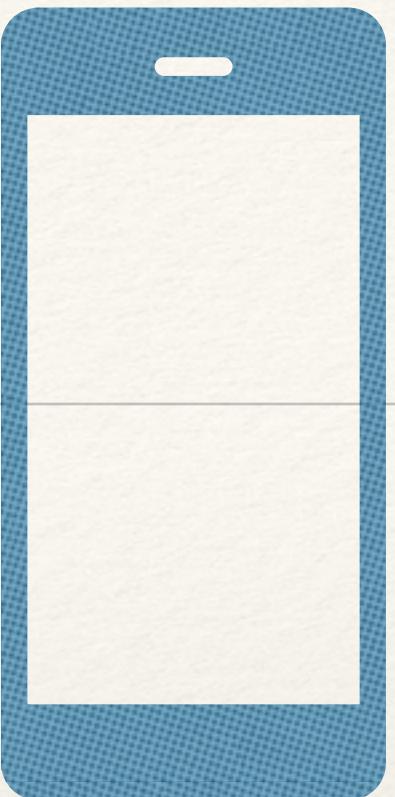
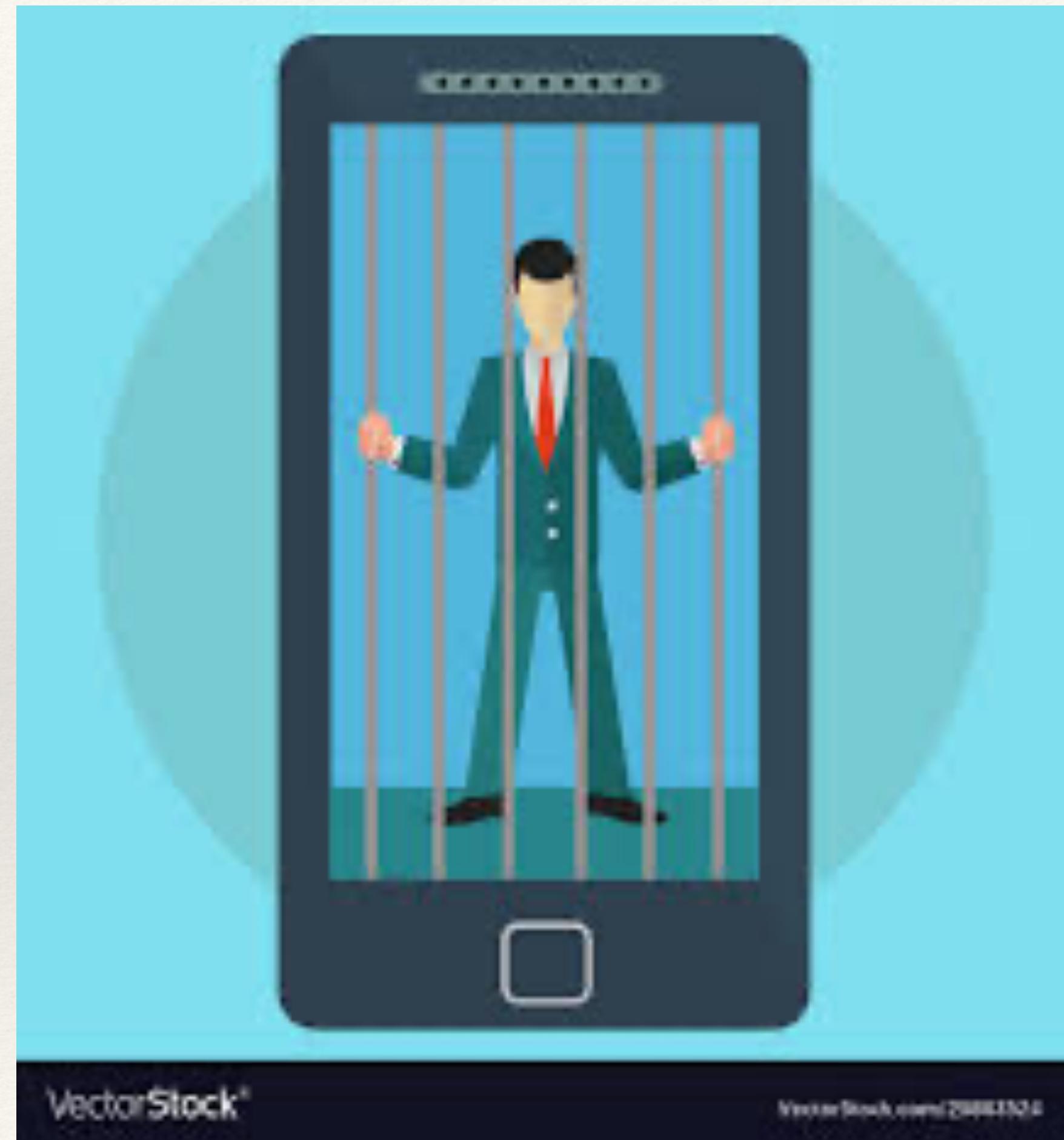
Chapter 4: Social media addiction

- ❖ Social media addiction is a behavioural disorder in which young adults become enthralled by social media and are unable to reduce the consumption of online media



Causes of addiction

- ❖ Their are built to be addictive
- ❖ Companies



How to solve the addiction

- ❖ Manage screen time through phone settings
- ❖ Digital detox (not to use phone or digital device for a couple of days)
- ❖ Social happy hour