

### **Characteristics of Addicted People**

To gain insight, consider carefully this commonly accepted list of personality traits found in the addicted person. These are characteristics that occur in normal people, but in the addict are exaggerated and uncontrolled. These things render addicts incapable of being at peace.

**Low Frustration and Tolerance** seems to be the most consistent trait. This is the inability to endure, for any length of time, any uncomfortable circumstances or feeling. The addict is impatient.

**Anxiety** that state which seems to exist in all people, exists in an exaggerated way in addicted persons. They are subject to nameless dreads and fears. This anxiety drives alcoholics and addicts to "fight or flight". Sometimes this is called free-floating anxiety.

**Grandiosity** is worn as a protective armour to hide feelings of low self-esteem. In reality, although addicts nourish an inflated image of themselves, their deep conviction is one of self-worthlessness.

**Perfectionism** sets impossible goals with inevitable failures and resultant guilt. The alcoholic/addict is an idealist. This idealism may be one of the reasons for success after recovery. They can be exceptionally fine workers once the illness has been arrested and after the perfectionism has been reduced to reasonable proportions.

**Justification** Addicts are masters at this. Justification is the science of arranging to do what we want to do, then making it appear reasonable.

**Isolation** and deep insecurity deprive the addict of the real generosity needed to make close and enduring friendships. They become loners.

**Sensitivity** exaggerates all the unpleasant interpersonal relationships experienced by the addicted person. This inevitably produces extreme resentment.

**Impulsiveness** "I want what I want when I want it." This is probably related to a low frustration tolerance. In some ways the addict takes pride in this impulsiveness, as though it were a valuable asset.

The alcoholic/addict can't seem to enjoy a job or task and long before completion is already moving on to something else.

**Defiance** is a common response to society as a whole, whether the addict is under the influence or not. This is associated with a feeling that one does not fit, exactly, into society.

**Dependence** on other persons exists in an exaggerated form in most alcoholics/addicts.

[The Addictive Personality Revised](#) Understanding the Addictive Process and Compulsive Behaviour  
by Craig Nakken

[Addictive Thinking Second Edition](#) Understanding Self-Deception by Abraham Twerski

[Grandiosity Revised](#) by Cecil C.

[King Baby](#) This booklet Discusses the King Baby personality - the childish ego traits seen in people who have reached adulthood without acquiring emotional maturity - a self-centredness common to alcoholics and addicts.  
Tom Cunningham

*We have many other books and videos. Go to [www.recoveroz.com.au](http://www.recoveroz.com.au)*