

Do Narcissistic People Have More Addictions?

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Addiction is something that can impact anyone at any time, and it can be a highly destructive issue to deal with. Now, there are a lot of things that can cause a person to become an addict, and this is a complex situation that is not always clear. Often there can be life events that might cause a person to get addicted, but sometimes it can be to do with their personality.

There are certain types of people who are described as having “addictive personalities” meaning that they are believed to be more susceptible to developing addictions than those without that personality type. Now, one of the questions that is often asked is, do narcissistic people have more addictions? This is a question that has been studied over the years, with some interesting results.

What is a narcissist?

Narcissism refers to a specific pattern of behavior and way of thinking and is typically used to define a person who has an unhealthy obsession with themselves and is generally lacking in empathy. They typically exhibit a need for validation, which manifests in their self-obsessed behavior. People who exhibit narcissistic traits are generally referred to as having Narcissistic Personality Disorder (NPD). Narcissistic behavior is not overly common, but it is not always clear whether or not a person is a narcissist.

Narcissists and addiction?

People who have NPD typically exhibit more dramatic patterns of thought and behavior, and this is something that can adversely affect the different areas of their lives. It is a mental health condition known as a personality disorder, and there are a lot of factors that play a part in this definition. Indeed, statistically, studies show that 40% of people with narcissistic personality disorder had at least one addiction. There are many theories posited as to why narcissists are more inclined to develop addictions, with one of the key ones being that they struggle with impulse control, as well as using addiction and substance abuse to escape negative feelings.

Getting help

Seeking help for addiction is so important, but it's something that a lot of people struggle with. In order to overcome addiction, you have to acknowledge you have a problem and that your behavior is destructive, something that can prove tough for narcissists to do. **Grand Falls addiction treatment center** is the ideal place to go and get addiction help. They can **treat multiple addictions**, and will take people of all personalities, and from all walks of life. Head to their website and read more about **who they are** and what they can offer.

Narcissists are more at risk of displaying addictive behavior and struggling with things like alcohol and drug addiction. Being more at risk of addiction makes it even more important to act quickly and take steps to battle this addiction. This is something that it is important to think about moving forward, and taking steps to deal with this addiction is really important right now, so finding the best rehab center helps you deal with this.

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