



# How To Know If You Have A Personality Prone To Addiction

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Do you have a hard time saying no? Do you often feel like you need to drink or use drugs to have a good time? If so, you may be personality prone to addiction. This means that your personality type makes you more likely to develop an addiction. It is essential to know if you have this type of personality because it means that you need to take extra precautions when it comes to substance abuse. In this article, we will discuss the signs of a personality prone to addiction and how you can get help if needed.

There are a few personality types that tend to be more prone to addiction than others. If you find that you identify with any of these types, it's important to be aware of the dangers and take steps to protect yourself.

## Perfectionist

One personality type that is prone to addiction is the perfectionist. Perfectionists are never satisfied with themselves and are constantly striving for an unattainable goal. This can lead them to turn to substances to escape their feelings of inadequacy.

## Control Freak

Another personality type that is at risk for addiction is the control freak. Control freaks are obsessed with controlling their environment and those around them. As a result, they may turn to drugs or alcohol to help them feel in control when everything else feels out of their grasp.

## Eternal Optimist

The third personality type that is prone to addiction is the eternal optimist. Eternal optimists are always looking on the bright side of life and refuse to see the negative. Unfortunately, this can lead them to ignore the warning signs of their addiction and make it harder for them to seek help.

## Trouble Saying No

If you have a hard time saying no, you may be more likely to develop an addiction. This is because people with this personality type often feel the need to please others and tend to put their own needs last. As a result, they may turn to drugs or alcohol as a way to escape from reality or fit in with a group.

## Taking Risks

People who are personality prone to addiction also often enjoy taking risks. They may seek out new and dangerous experiences, which can lead them to experiment with drugs and alcohol.

## Low Self-esteem

Additionally, these individuals typically have low self-esteem and see drug and alcohol use as a way to boost their confidence.

## Available Resources

If you think that you may be personality prone to addiction, it is vital to get help. There are many resources available to you, including therapy, support groups, 12-step programs, and treatment facilities like **Grand Falls Addiction Treatment Center – Joplin, MO 64804**. With the right help, you can overcome your addiction and live a healthy and happy life.

## You are Not Alone

If you or someone you know is struggling with addiction, please reach out for help. There are many resources available to you. You are not alone in this fight. Remember that recovery is possible, and you can overcome your addiction. **Seek out the help that you need** and start on the path to recovery today.

## Family History

If you're worried that you may have a personality prone to addiction, there are a few things you can do to assess your risk. First, take a look at your family history. If addiction runs in your family, you may be more likely to develop an addiction yourself.

## Personal History

Second, consider your own personal history. Have you struggled with substance abuse in the past? If so, you're more likely to struggle with it again in the future.

## Current Behaviors

Third, pay attention to your current behaviors. Are you using drugs or alcohol regularly? Do you find that you can't stop using even if you want to? If so, these are signs that you may have an addiction. Addictions can ruin lives- but there is always hope for those who seek it. If any of this rings true for you, don't hesitate to get help from **a professional who can assist you** in making positive changes in your life. With the right tools, support, and guidance, addiction does not have to control your life. You can take back control and create the life you want to live. Seek help today and begin your journey in recovery. Remember- you are not alone. Millions of people suffer from addiction, but millions more **have recovered** and gone on to lead happy, healthy, and fulfilling lives. Your story can be one of hope and recovery too. Seek help today to begin writing your new story.

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