

ADDICTIVE PERSONALITY TEST

An addictive personality trait in a person often means that the person cannot quit, lack self-control, self-restraint and will power (volition). While most of us have a degree of enjoyable behaviours without them becoming addictive, such as having coffee in the mornings, drinking at the weekends, daily exercises, shopping and spending, or gambling. Many factors can influence our behaviours and overcompensate these activities to become serious problems. They indicate whether or not you are likely to become an addict or have a proclivity for addiction problems. Some of the contributors to addictive personality trait include anti-social personality, social alienation/isolation, non-conformity, poor impulse control or lack of control, low intolerance to the mundane, or lack of value or purpose.

Please answer the questions below as honestly as possible to find your indicators.

Do you or Have you.....

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| 1. Find it difficult to empathise with others in a relationship or social situation? | Yes/No |
| 2. Find yourself detached, isolated or different from the others in groups, society or the majority? | Yes/No |
| 3. Have difficulty feeling or showing remorse for hurtful behaviours or actions? | Yes/No |
| 4. Find it difficult or severely anxious when meeting new people? | Yes/No |
| 5. Find it difficult to have a real friendship or being intimate with others? | Yes/No |
| 6. Have problems maintaining a stable relationship or friendship? | Yes/No |
| 7. Lie or manipulate people in situations or circumstances for personal advantage? | Yes/No |
| 8. Behave arrogantly, speak rudely or belittling someone's effort or achievement? | Yes/No |
| 9. Enjoy rebelling or breaking the rules, or feel that they do not apply to you? | Yes/No |
| 10. Have difficulty meeting work, personal, financial and personal obligations or commitments? | Yes/No |
| 11. Find it difficult to stick to plan, schedule, itinerary, appointment, instruction or recipe? | Yes/No |
| 12. Purposefully reject others, before they reject you? | Yes/No |
| 13. Fail to achieve things, goals or tasks or consistently underachieving? | Yes/No |
| 14. Seek extreme or risky behaviours, hobbies, interests, or adventures to alleviate boredom? | Yes/No |
| 15. Find it difficult to stay still, calm or relaxed? | Yes/No |
| 16. Find yourself in distress, frustrated, annoyed or angry when you have to wait for someone or things? | Yes/No |
| 17. Believe that you are unworthy of success, joy, happiness, or love? | Yes/No |
| 18. Feel that your life is worse than or harder than others? | Yes/No |
| 19. Feel stressed, depressed or overwhelmed in a situation that you cannot control? | Yes/No |
| 20. Seek out new experiences, sensations or projects and unable to complete the task, or easily bored? | Yes/No |

Number of Yeses	Number of Nos

If the majority of your answers are 'Yes', there is a strong possibility that you may have an addictive personality, which significantly increases the risks of developing some of an addiction.

To Summarise, addictive personality traits include:

- Apathetic
- Obsessive and compulsivity
- Disconnected and cautious
- Have difficulties trusting
- Unable to self-regulate
- Adventurous and risk-taking
- Have other mental health disorders
- Drawn to those who have developed an addictive personality trait