Addiction & Personality

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Four Questions

- What is addiction?
- What is personality?
- What does disorder mean?
- Do the first three questions even matter?
Addiction

Already discussed...
Personality defined

Psychology

- the sum total of the physical, mental, emotional, and social characteristics of an individual.
- the organised pattern of behavioural characteristics of the individual.
Disorder

DSM-IV

"an enduring pattern of inner experience and behaviour that deviates markedly from the expectations of the culture of the individual who exhibits it"
Personality Disorders

Troublesome and enduring aspects of a person that have developed over time and are expressed consistently across a wide range of contexts.

Some things have gone wrong somewhere down the line.

 antisocial narcissistic borderline
 dramatic, emotional and erratic

avoidant anxious & fearful

dependent obsessive compulsive paranoid

odd & eccentric

schizoid schizotypal
A little bit of you and a little bit of me

We all came from somewhere

We all have our own “stuff”

Times change and people change

Life lessons

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ADDICTION

Intimate Relationship that develops over time

functional, purposeful, rewarding and meaningful
However

a bird and a monkey are not the same thing because they both spend some time in the air
Willing to look under the hood
Know what you see
Know how to be
Willing to walk the walk
Change

Interpersonal and intra-personal experiences

Where I am heading is better than where I have been going

Takes to to complete a journey