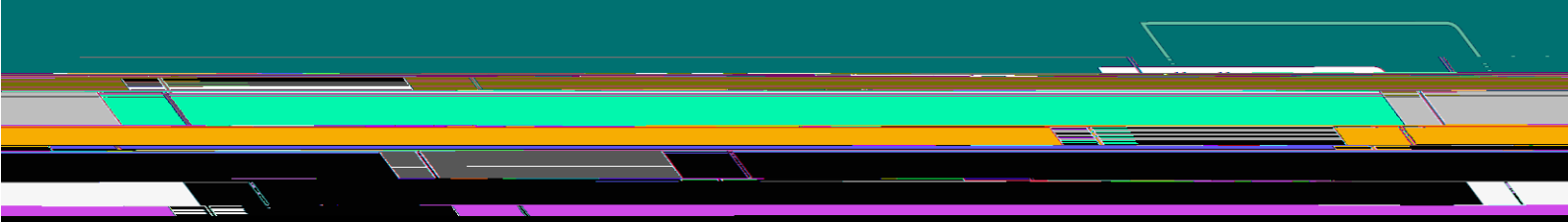




# Guide







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**Addiction** - Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you



Spotting the Signs – knowing that your gambling is becoming a problem for both you and me.

- Academic deterioration.
- Becoming withdrawn.
- Being secretive.
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## Conversation Starters

Planning for the conversation:

- Find

## Addiction & Behaviour

Dopamine is commonly associated with temporary pleasure; the neurotransmitter is linked more to 'wanting' than 'liking'. It makes you want to do the 'thing' again and is often mistaken for making you feel good or happy, instead it is connected to a craving sensation. Once an individual experiences a dopamine release, they may feel a sense of euphoria or discomfort, this will drive the individual to complete the action again, taking a larger risk to try and reach the same levels of dopamine.





