

Connolly Counselling Centre

Behavioural Addictions

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A behavioural addiction can be seen as a set of behaviours that people become dependent on and often crave. While they don't cause the same physical dependence as a drug or alcohol addiction, individuals with a behavioural addiction will still experience similar adverse consequences when not engaging in these behaviours.

Such behavioural addictions can include:

- Food
- Gambling
- Gaming
- Social media
- Shopping
- Pornography

Online Resources

[Gamblers Anonymous](#) & [Problem Gambling](#)

Both of these sites aim to provide support, resources and information to those who are experiencing a gambling addiction or are on the path to recovering from one. The sites also provide multiple helpful apps that can be used in your own free time to help with your addiction.

[The Complete Guide On How To Stop A Porn Addiction](#)

This site provides individuals with a wide range of information surrounding porn addictions, including criteria, symptoms and various at-home and professional treatment options for a porn addiction.

[Mindfully Well](#)

Mindfully Well is a collection of addiction centres across Ireland that offers individual therapy and coaching and also provides counselling and psychotherapy services to individuals seeking help with addiction recovery.

[Addiction Counsellors of Ireland](#)

This site aims to provide information surrounding addiction, both chemical and behavioural, along with information about different counselling services. Should you wish to avail of any of these counselling services there is a list of 418 county based addiction counsellors on the site, with relevant contact details for each person.

[In The Rooms \(ITR\)](#)

“In The Rooms” is a free online recovery tool with over 800,000 global members who share their strengths and experience with addiction with one another daily through the use of live meetings and discussion groups. With over 130 weekly online meetings that embrace various methods of recovery such as, 12 step, non 12 step and wellness and mental health modalities this is an excellent site to aid in your recovery progress.

[I am Sober \(Android\)](#) || [I am Sober \(IOS\)](#)

“I am Sober” is an app for your Android or iPhone that helps you throughout your journey to recovery by connecting you to a wide network of individuals who all have their own experiences with addiction. The app allows you to track your recovery process, share your story with other people, build new habits and notify you of various milestones in your recovery.

Books

[The Gambling Addiction Recovery Workbook](#)

This work book was written by a former gambling addict and aim to help teach you effective strategies to tackle and overcome your addiction.

[Patrick Carnes Collection \(free e-Books & PDFs\)](#) // [Patrick Carnes Website](#)

Patrick Carnes is one of the leading experts in sexual addiction therapy and has a range of different books surrounding addiction, specifically sexual addiction recovery and 12 step techniques.

[SMART Recovery Books](#)

SMART Recovery is a non-profit organization that aims to help individuals with addictive problems through the use of scientifically validated methods designed to empower you to change and to develop a more positive lifestyle. They have a range of books on their reading list ranging from recovery from quitting, alcohol, gambling, sex and drugs.

[Behavioral Addictions \(free PDF\)](#) // [Behavioural Addictions \(Amazon\)](#)

This book provides a comprehensive look at behavioural addictions, from their criteria to their symptoms and to various evidence based treatments methods for each behavioural addiction. The book itself is more so geared toward clinicians and to aid them in treating addictions however may be helpful for others in understanding addiction.