

# Hooked



When most people hear the word ‘addiction’, they think of dependence on a substance such as drugs or alcohol. But if you just substitute the word ‘behaviour’ for ‘substance’, you open up the definition of addiction to all kinds of dependencies, some of which may surprise you. Whether it’s food, the internet, or bungee-jumping, the desire to experience that ‘high’ becomes so strong that the addict loses control and seeks the activity despite all negative consequences.

