

Addiction Conversation Questions

Warm-up Task:

Brainstorm a list of things that people get addicted to.

Discussion Questions:

1. Are you addicted to anything?
2. What is the difference between a habit and an addiction?
3. Do you have any harmless bad habits? Do they annoy other people?
4. What are some good habits that you would like to have?
5. Are you addicted to any television shows? Which shows? How serious is your addiction?
6. Smartphones are taking more and more of our attention. Are you addicted to your phone?
7. Drinking how often would mean a person is an alcoholic?
8. What is the most addictive substance in the world? What makes it addictive?
9. Which addictions are safer than others? Is it okay to be addicted to something like coffee?
10. Have you ever broken an addiction to something? How did you do it? How hard was it to give that thing up?
11. Some people replace one addictive behavior with another. Can you think of an example?
12. Is it true that giving up smoking means you will gain weight? How can this problem be solved?
13. What is the difference between addictive behavior, like gambling, and consuming an addictive substance, like nicotine (from tobacco)?
14. Have you ever been to a casino? If so, did you win anything, and how did it feel?
15. Some people lose huge amounts of money gambling. Why can't they quit playing?
16. Are you a shopaholic? Why do some people love shopping?
17. What is the strangest addiction you have ever heard of?
18. A few celebrities have admitted to suffering from sex addiction. What do you think about this?
19. Is having an addiction embarrassing? If so, what is the most embarrassing addiction?
20. An addictive personality refers to the characteristic of easily getting addicted to things. Do you know anyone with an addictive personality? Describe their behavior.
21. Alcoholics Anonymous is a famous support group for people with drinking problems. What other forms of help can an addicted person get?

