



Habit or addiction?

HABIT

- Behavior repeated so often that it is automatic;
- Causes little or no harm to the person or those around them, but can be irritating;
- Everyone has good ones (e.g. brushing teeth before bed) and not so good ones (e.g. eating chips while watching a movie).

ADDICTION

- Often stems from a habit that is harmful, destructive or out of control;
- Obsession with a single thing that becomes the main source of pleasure for the person;
- Affects negatively all the spheres of life of the person (personal, social, familial, professional...).

The distinction between HABIT and ADDICTION

Consider how easily you can maintain a conscious choice about your habit.

If you can control yourself, it is a habit, but if the habit controls you, then it is an addiction.

A bad habit is usually non-destructive. It can be irritating and tends to have a negative effect, but this is relatively insignificant.

When a habit becomes destructive or out of control, it has become an addiction.

The information contained in this article is not intended to replace the advice of a health care professional. If you have any questions about your health condition, consult a health care professional.

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