

*the relationship between*  
**TRAUMA & ADDICTION**

*Many survivors of childhood sexual abuse turn to things like alcohol, drugs, sex, or food as a way to “block out the memories and mute the pain of sexual abuse.”<sup>1</sup> An unhealthy reliance on these substances and activities to calm an overactive limbic system can turn into addiction.*

**Addictive behaviors** are often triggered by **negative feelings**. When you're struggling to resist an urge, **ask yourself** if you're feeling:



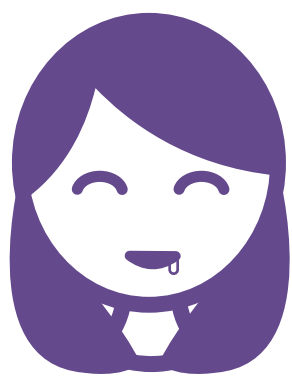
**BORED**



**LONELY**



**ANGRY**



**HUNGRY**



**STRESSED**



**TIRED**

Use the **5 Strategies to Reclaim Hope**  
to help manage these feelings.