



My name is Addiction and I love to sneak into families! At first, many families don't even know I'm there. By the time they do notice me, it's really hard to make me go away!



Addiction looks different in every family that it sneaks into.



When I grab onto
parents, I like to
cause lots of
problems in their
families, too.

Addiction makes it really tough for
parents to care for their children
and themselves.

I have lots of
tricks for
staying in
families!



Addiction affects how people think, how
they feel and what they do.



I can't wait to
make people think
they caused me to
come into their
family!

Addiction can make family members
think things that are not true.



I love to
mess with
people's
feelings!

Addiction can make it really hard for
families to understand and talk
about their feelings.

I want
people to
spend all
their time
with me!



Addiction can make parents start doing things that aren't good for their children or themselves and stop doing things that are good for their children or themselves.

What does Addiction look like in your family?

There are lots of
ways to make
me go away, but
I'm sure not
going to tell you!



Maybe Addiction won't tell, but we will!
We can't keep Addiction away from others -
even people we love, like our family members.
But, we can learn ways to keep it away from us.