**Addictions**

[Addiction](https://www.healthline.com/health/addiction) is a complex disease, but nearly a century of scientific study has helped researchers come to a deeper understanding about how it works. This research has culminated in an important change in how we talk about addiction: Addiction is now classified as a disease that affects the brain, not a personal failing or choice. **An addiction is an urge to do something that is hard to control or stop.**

Most people think of substance use when they hear about addiction, but that’s not the only type of addiction.

Today, most experts recognize two types of addiction:

* **Chemical addiction.** This refers to addiction that involves the use of substances.
* **Behavioral addiction.** This refers to addiction that involves compulsive behaviors. These are persistent, repeated behaviors that you carry out even if they don’t offer any real benefit.

Some of the more common addictive substances include:

* [alcohol](https://www.healthline.com/health/addiction/alcohol)
* [opioids](https://www.healthline.com/health/addiction/opioid-addiction), including both [heroin](https://www.healthline.com/health/signs-heroin-addiction) as well as prescription pain medication like oxycodone and morphine
* [cannabis](https://www.healthline.com/health-news/marijuana-addiction-rare-but-real-072014)
* [nicotine](https://www.healthline.com/health/nicotine-and-related-disorders)
* [amphetamines](https://www.healthline.com/health/amphetamine-dependence) / [methamphetamine](https://www.healthline.com/health/addiction/meth-addiction)
* [cocaine](https://www.healthline.com/health/cocaine-and-related-disorders)

Some of the more common addictive behaviours include:

* [gambling addiction](https://www.healthline.com/health/addiction/gambling)
* [internet gaming disorder](https://www.healthline.com/health-news/is-video-game-addiction-mental-health-issue)
* [shopping addiction](https://www.healthline.com/health/addiction/shopping)
* [exercise addiction](https://www.healthline.com/health/exercise-addiction)
* [food addiction](https://www.healthline.com/nutrition/how-to-overcome-food-addiction)
* [sex addiction](https://www.healthline.com/health/addiction/sex)
* [TV addiction](https://www.healthline.com/health/tv-addiction)
* [Facebook (social media) addiction](https://www.healthline.com/health/facebook-addiction)