

Attraction addictions

1. Anger
2. Approval
3. Art
4. Attractiveness
5. Being good
6. Being helpful
7. Being loved
8. Being nice
9. Being right
10. Being taken care of
11. Calendars
12. Candy
13. Cars
14. Causes
15. Chewing gum
16. Children
17. Chocolate
18. Cleanliness
19. Coffee
20. Comparisons
21. Competence
22. Competition
23. Computers
24. Contests
25. Death
26. Depression
27. Dreams
28. Drinking
29. Drugs
30. Eating
31. Envy
32. Exercise
33. Fame
34. Family
35. fantasies
36. Finger drumming
37. Fishing
38. Food
39. Friends
40. Furniture
41. Gambling
42. Gardening
43. Golf
44. Gossiping
45. Groups
46. Guilt
47. Hair-twisting
48. Happiness
49. Hobbies
50. Housekeeping
51. Humor
52. Hunting
53. Ice cream
54. Images of God
55. Intimacy
56. Jealousy
57. Knowledge
58. Lying
59. Marriage
60. Meeting expectations
61. Memories
62. Messiness
63. Money
64. Movies
65. Music
66. Nail biting
67. Neatness
68. Parents
69. Performance
70. Pets
71. Pimple-squeezing
72. Pistachio nuts
73. Pizza
74. Politics
75. Popcorn
76. Popularity
77. Potato chips
78. Power
79. Psychotherapy
80. Punctuality
81. Reading
82. Relationships
83. Responsibility
84. Revenge
85. Scab picking
86. Seductiveness
87. Self-image
88. Self-improvement
89. Sex
90. Shoplifting
91. Sleeping
92. Soft drinks
93. Sports
94. Status
95. Stock market
96. Stress
97. Sunbathing
98. Suspiciousness
99. Talking
100. Television
101. Time
102. Tobacco
103. Weight
104. Winning
105. Work
106. Worthiness

Aversion Addiction

107. Airplane
108. Anchovies
109. Anger
110. Animals
111. Being Abnormal
112. Being alone
113. Being Discounted
114. Being fat
115. Being judged
116. Being overwhelmed
117. Being thin
118. Being tricked
119. Birds
120. Blood
121. Boredom
122. Bridges
123. Bugs
124. Cats
125. Closed-in spaces
126. Commitment
127. Conflict
128. Crowds
129. Darkness
130. Death
131. Dentist
132. Dependence
133. Dirt
134. Disapproval
135. Doctors
136. Embarrassment
137. Evil spirits
138. Failure
139. Fire
140. Germs
141. Guilt
142. High places
143. Illness
144. Independence
145. Intimacy
146. Mice
147. Needles
148. Open spaces
149. Pain
150. People of different beliefs
151. People of different class
152. People of different culture
153. People of different politics
154. People of different race
155. People of different religion
156. People of different sex
157. People who are addicted
158. People who are competent
159. People who are fat/thin
160. People who are ignorant
161. People who are neat/messy
162. People who are rich/poor
163. Public speaking
164. Rats
165. Rejection
166. Responsibility
167. Sex
168. Sharp instruments
169. Slimy creatures
170. Snakes
171. Spiders
172. Storms
173. Strangers
174. Success
175. Tests
176. Traffic
177. Tunnels
178. Vulnerability
179. Water
180. Writing