



## **iQuestions Faculty, Dr. David Eckman**

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Question:

*Is there woundedness behind addiction?*

Answer:

Often, behind great addiction there is a great wound. Research has shown over and over again that when a person is struggling with addiction, often as not, there are unaddressed areas of pain in the life.

These commonly come from family background, or in later life it may come through a divorce, or it may come through a very stressful job, it may come through some traumatic adult experience, or a traumatic childhood experience.

If those wounds are not addressed, then the person will have far greater difficulty coming to terms with an addiction. That being the case, "woundedness," always should be considered as something which is driving addiction. The simple equation is this: pain, plus the pleasure of an addictive behavior, equals addiction.

If that pain comes from a long-term wound, "woundedness," that pain should be addressed. It may involve a small group, it may involve therapy or counseling, but it is critically important that the wounds of life should not be ignored.