

Coronavirus Isolation May Increase Risk of Addictive Behaviors

Clinician Concerned About Potential Relapses

Marietta, Mar 19, 2020 ([Issuewire.com](https://www.issuewire.com)) - With people locking down and isolating as the Coronavirus spreads and government officials look to contain the disease, one clinician is concerned for those individuals who struggle with addictive behaviors.

Eddie Capparucci, a licensed professional counselor who is certified in the treatment of sex and pornography addiction is concerned that isolation will increase the risk for relapse for many individuals.

"Successful addiction recovery, whether it is for sex, alcohol, drugs, etc., works best when individuals engage in healthy relationships with others on a regular basis," said Capparucci, who has a private practice in Marietta, GA. "With the government limiting the number of people who can meet in various places, those dealing with addiction find themselves more isolated and that is not healthy.

Capparucci points to three major factors that could drive individuals back to their addictive behaviors.

The first is anxiety regarding the unknown. Some people are worried about the current situation and others are out-right scared. "No one knows how long this crisis will last and what its impact will be on not only our health but also school attendance, work, and finances," says Capparucci. "These concerns most certainly could lead individuals to withdraw into the dark world of pornography to evade their worries."

The second is exposure to continuous negative news coverage. "It's Coronavirus 24-7 with wall-to-wall coverage that is bombarding us," Capparucci points out. "All of the negativity at some point will lead many individuals to tune out the media coverage and replace it with something that will soothe and stimulate, such as pornography, overeating, alcohol, etc.

The final concern is the need to escape from Boredom. "This, of course, is the most obvious rationale for someone to escape into their addiction," says Capparucci. "Most people are not used to sitting at home without uninterrupted periods of work and school. Losing the routine of going to work, school or engaging in social activities, is going to cause individuals to lack structure, which is essential for long-term recovery."

What is important during this unprecedented time is for those who struggle to be mindful that these emotionally trying circumstances could increase the risk of acting out. And with this insight, everyone should develop a strategy to help them deal with emotional triggers and temptations. This may include:

- Participating in online and telephone support groups
- Staying in contact with your sponsor or support team via electronic mediums
- Ensuring you are limiting your access to electronic devices especially when you are feeling drained mentally, emotionally, physically or Spiritually
- Spending quiet time in prayer and reflecting each morning on things that you are grateful for instead of focusing on the negativity surrounding us

"This indeed may be a very challenging time for many who struggle not only with a pornography addiction but with other addictive behaviors including smoking, eating, binge-watching, etc," Capparucci concluded. "But it doesn't mean individuals are facing certain failure. If they maintain their focus they

can defeat the odd and manage their addiction."

Eddie Capparucci, LPC, CCSAS, CPCS, is a licensed professional counselor, certified in the treatment of sexual and pornography addiction. Among his clients have been NFL and MLB players as well as television personalities. He is the creator of the Inner Child Recovery Process for the Treatment of Sex and Porn Addiction and author of *Going Deeper: How the Inner Child Impacts Your Sexual Addiction*.

Media Contact

Abundant Life Counseling

edcappa@gmail.com

4047880002

351 Old Orchard Ct

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