



Addictions and Cravings Index

by Michael J. Lincoln, Ph.D.

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C

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E

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EGGS

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“EMOTIONAL-COMMOTIONAL” (*HAS* to let fly with their emotional reactions to things)

EMPATHOGENS (MBNA, “Ecstasy,” “Adam”) [Heart chakra-affecting psycho-active substance]

ENDIVES (Ragged, curly lettuce)

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ENGLISH MUFFINS

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ENTERTAINING (Having people over)

ENTERTAINMENT

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EROTIC UNDERWEAR (“Fredericks Of Hollywood,” etc.)

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ESCARGOT (Snails -- the animal -- as a delicacy)

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FANS (Hand-held)

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FAST WALKING

FATTY FOODS (Such as deep fried foods, rich beef, chocolate, etc.)

“FEAR-FREAK” (Into seeking it out in horror shows, roller coasters, etc.)

FEATHERS

“FEELING-AVOIDANCE” (Intense fear of everything about how they feel about things. It usually leads to compulsive trivia-talk, driven self-distracting activities, and the like)

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“FIGHT-AHOLIC”

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FIRE-SETTING**FIREWORKS**

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FISHING

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“FLOATS” (Seltzer/soda, flavor and floating ice cream)

FLOWERS**FLUTE****FLY-FISHING****FLYING****FOLK ART****FOOD****FOOTBALL****FOOTBALL CARDS**

FOREST (A compulsive driven desire for this as an environment to spend time in)

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FORKS

FORMALDAHIDE (Inhaled)

“FORM-FREAK” (Fixation on the “how-to’s” and the “proper presentations” of things. Stickler for form.)

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FRUIT YOGURT

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GARDENING

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I

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J

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JASMINE (Spice or Tea)

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JUICE (Vegetable)

JUICY FOODS

JUJITSU

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JUKE BOXES

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K

KALE (Cabbage-like)

KARATE

KAYAKKING

KELP (Seaweed – as food)

KEROSENE (Fumes)

KETCHUP

“KID-ADDICT” (Has to have continuous contact with their offspring.)

KIDNEY (Meat)

“KISS-AHOLIC”

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KLEPTOMANIA (Compulsive stealing)

KNITTING

KNIVES

KNOCKERS (Front door)

KUNG FU

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LABYRINTHS

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LEAFY VEGETABLES

“LEARNING FIEND”

“LEATHERS” (Leather clothing)

LEEKs

“LEGO BLOCKS” (Toy)

LEMON

LEMON-LIME (e.g. “7-UP,” “Sprite,” “Slice,” etc.)

LENTILS

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LICORICE

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LIGHTHOUSES

LILACS

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LIMA BEANS

LIME

“LINCOLN LOGS” (Toy)

LINENS

LINT-PICKING

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LITIGATION

LIVER

LOBSTER (As food)

LOGANBERRY; LOGANBERRIES

LOLLYPOPS

“LONG-HAULIC” (e.g. truck drivers, traveling salespeople, military service, merchant marine, etc.)

LOTTERY-PLAYING

LOTUS BLOSSOMS

LOUD MUSIC

“LOVE-AHOLIC”

“LOVER-ADDICT” (Massive possessiveness and need for continuous contact)

LSD

LUKEWARM DRINKS

LUPINE (Flower)

LUST (“Gotta have it!” flooding by sexual desire)

M

MACADEMIA NUTS

MACE (Spice)

MACKEREL

MACROBIOTICS

MAGAZINES

MAGIC

MAGNOLIA (Flower)

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MAKING UP STORIES

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MANDOLIN

MANGO

MAPLE SUGAR

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MODEL CARS
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MOUNTAINS (A compulsive driven desire for this as an environment to spend time in)
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MUSHROOMS
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MUSSEL (Shell fish -- as food)
MUSTARD (Condiment)
MUSTARD (Flower)
MUTTON
MYRTLE (Flower)

N

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NARCISUS FLOWER
NASAL SPRAYS
NASTURTIMS (Flower)
NATIVE AMERICAN ARTIFACTS
NATURALISM
NAUTICAL EQUIPMENT
NAZISM
NECTARINES
NEEDLEPOINT
NEWSPAPER-READING
NICOTINE
“NINTENDO” (Video game)
NON-FICTION-READING
NON-PRESCRIPTION NARCOLEPTICS (e.g., “Sleep-Eze”)
NON-PRESCRIPTION STIMULANTS (e.g., “No-Doze”)
NOODLES
“NORMALCY” (“Pleasantville”)
NOSTALGIA-FREAK
NOVELTY-SEEKING
NUDITY
NUTMEG
“NUTRA-SWEET” (Artificial sweetener)
NUTS; NUT FLAVORS

O

OATMEAL
OATS
OBOE
“OBLIVION-SEEKING”
OILY FOODS (e.g. salad dressings, pesto sauce, mayonnaise, etc.)
OKRA
OLD MOVIES
OLIVES, BLACK

OLIVES, GREEN
OMLETTES
ONIONS
OPIOIDS
ORACLES (Psychics, astrologers, channels, gurus, etc.)
ORACLES (I Ch'ing, Tarot, Medicine Cards, Runes, etc.)
ORANGE(S); ORANGE FLAVOR
ORANGE BLOSSOMS
ORCHIDS
OREGANO (Spice)
ORGAN
ORIENTAL ACCOUTREMENTS
OUTDOORS
OVERDOSE
OYSTERS

P

PAIN PILLS; PAIN KILLERS
“PAINT-BY-NUMBERS”
PAINTING (Art)
PAINTING (House)
PAINT THINNER
PALEONTOLOGY
PALMISTRY
PANCAKES
PANSIES
PAPAYAS; PAPAYA FLAVOR
PAPER (As in hording newspapers, magazines, notepads, etc. -- they might be needed someday)
PAPER DOLLS
PAPRIKA
PARENTING
“PARENT-RESCUING”
PARMESAN CHEESE
PARSLEY
PARSNIPS
“PARTICULAR PERSON-ADDICT” (Has to have continuous contact with him/her)
PARTIES
PASSION-ADDICT
PASTA
PASTRAMI
PASTRIES
“PATHOLOGICAL LIAR” (Continuous compulsive misrepresentations)
“P.C.P.”
PEACHES
PEACH BLOSSOMS
“PEAK-BAGGER” (Has to be the “best,” the “most,” “Number One,” etc.)
PEANUT BUTTER
PEANUT BUTTER-AND-CHOCOLATE

PEANUT BUTTER-AND-JELLY SANDWICHES

PEANUTS; PEANUT FLAVOR

“PEANUTS” (Orange-colored peanut-shaped marshmallow candies)

PEAR(S)

PEAS

PECANS

PEONIES (Flower)

PEPPER (Black)

PEPPERMINT; PEPPERMINTS; PEPPERMINT FLAVOR; PEPPERMINT TEA

PEPPERONI

PEPPERS (e.g. garden, green, red and/or yellow)

PERCH (As food)

PERCUSSION INSTRUMENTS

“PERENNIAL STUDENT”

PERFECTIONISM

PERFORMING (Putting on “acts,” singing, dancing, acting, stand-up comedy, etc.)

“PERFORMING” (Seeking to manifest perfection for their all-persuasive “audience” in their head.)

PERFUME (For the Female)

PERFUME (For the Male)

PERFUME BOTTLES

PERIWINKLE (Flower)

PERSIMMONS (Fruit)

“PETER PAN(ELLA)”- ADDICT

PETS

PETUNIAS (Flower)

“PEZS:” “PEZS”-DISPENSERS (Small candies in a plastic container with a decorative character at the top)

PHEASANT (As food)

“PHONE-AHOLIC”

PHOTOGRAPHIC EQUIPMENT

PHOTOGRAPHS

PHOTOGRAPHY

PHYSICAL EXERTION

PIANO

PICCALO

PICKLES

PICTURE PUZZLES

PIE

PIGEONS

PILLOW FIGHTS

PIMENTO

PINBALL GAMES

PINAPPLE(S)

PING-PONG

PINTO BEANS

PIPE-SMOKING

PISTACHIOS

PIZZA

PLAINS (A compulsively driven desire for the flatlands to spend time in.)

PLANTS
“PLAY-ACTING”
“PLAYER” LIFESTYLE
“PLEASURE-GLUTTON”
“PLEASURE-PRIORITY”
PLUMS
POETRY
POINSETTA (Flower)
“POINTILISM” (Their lifestyle is comparable to an art form involving creating pictures with thousands of little points of paint)
POKER
POLE-VAULTING
POLICE BAND RADIO
“POLITICS-NUT”
POLO
POMEGRANATE(S)
POOL (The game)
POOL-BETTING (On the pool game’s outcome)
POOL-BETTING (In groups on predicted outcomes of things as reflected in specific events such as competitions, promotions in the organization or the play out of scenarios)
POPCORN
POPPIES
POPSICLES
PORK
PORNOGRAPHY; “PORN CARDS”
PORTRAITS
POSTERS
“POT” (Marijuana)
POTATO CHIPS
POTATOES
“POWER/EFFECTANCE EXPERIENCE-SEEKING” ADDICTIONS (e.g., amphetamines, caffeine, coffee, nicotine, phencyclidine [PCP]; red meat; child-molesting, Nazism, rage-aholism, rape, revenge, violence, etc.)
“POWER-FREAK”
PRAWNS
PRAYER
“PREPARING”-ADDICT
PRETZELS
PRIMITIVE ART
PRIMROSE (Flower)
“PRINCE (SS) AND THE PEA” PATTERN (“Picky-picky-picky” demandingness)
PROSTITUTES (As a client -- a “John”)
“PROZAC” (Anti-depressants)
PRUNES
PSILOSIBIN
PSYCHOLOGY
PUBLIC MASTERBATION
PUBLIC SPEAKING
“PUMPING IRON” (Body building)
PUMPKIN; PUMPKIN PIE

“PUNISHMENT-SEEKING”

PUNS

PURSES

PUZZLES

Q

QUAIL (As food)

QUEEN ANNE’S LACE (Flower)

QUOTES

QUINCE

QUILTS

R

RABBIT MEAT

RABBITS

RABBIT’S FOOT

RACE TRACKS

RACING (Cars, motorcycles, motorboats, airplanes, sail boats, skiing, bicycles, etc.)

RADIOS

RADIO SHOWS (Old ones)

RADISH (ES)

“RAGE-AHOLIC” (Compulsive violent temper tantrumming)

RAISINS

RAPE

RAQUETBALL

RASPBERRIES; RASPBERRY FLAVOR

RATIONALITY

RAW HAMBURGER

READING

RE-ARRANGING ROOMS

REBELLION; “REBELLIOUS CHILD” PATTERN

RECIPES

RECORDER (The musical instrument)

“RECORD-KEEPING MANIA”

RECORDS (Guinness Book, etc.)

RECORDS (45, EP, vinyl or acetate phonograph discs)

RED MEAT

RED SNAPPER (as food)

“REHASHING” COMPULSION

“REHEARSING” COMPULSION

“REJECTION-COURTING” SOCIAL INTERFACE (Compulsive trying to “make up for” their “evilness” in a significant turn-off inviting super-service)

RELATIONSHIPS

RELIGION; RELIGIOUS SERVICES

REMODELLING

REMOTE CONTROL CARS, PLANES, BOATS

“RESCUING”

“RESPONSIBILITY-FREAK”

“RESTITUTION 1” (Feeling that they must continuously make up for what they have done/cost/ been.)
“RESTITUTION 2” (Feeling entitled to and demanding of “paybacks” for their costs and pains.)
“RESULTS-MANIA”
RETRIBUTION (Compelled to take their revenge for harms done them or others)
“REVENGE-FREAK”
RHODODENDRON (Flower)
RHUBARB
RICE
“RICH” FOODS (High in fat content, sugar and/or seasoning, and usually creamy)
“RIGHT AND RIGHTEOUS” (The absolutely impelling need to always be right at all costs)
RINGS
“RISK-AHOLIC”
ROCK CLIMBING
ROCKS
ROLLER BLADING
ROLLER COASTERS
ROLLER SKATING
ROMANCE
ROMANCE NOVELS
“ROMANCING THE STONE”
ROOT BEER
ROOT BEER FLOATS
ROSEMARY (Spice)
ROSES
ROUGH TEXTURES
RUBBER STAMPS
RUGBY
RUGS
RUM
RUMMY; GIN RUMMY (The card game -- the two-handed non-discloser version)
RUNNING (As in jogging)
RUNNING SHOES
“RUSH-AHOLIC”
RUTABAGA (Turnip-like)
RYE (Grain and bread)
RYE (Whiskey)

S

SACCHARINE (Artificial sweetener)
SACRED PATH FIXATION (“Dharma-jock(ette);” “Dharma-Nazi”)
SADISM
SAFARIS
SAFFLOWER (Spice)
SAFFRON (Flower)
SAFFRON (Spice)
SAGE (Mint-like spice)
SAILING

SALAD
SALAMI
SALMON
SALSA
SALT; SALTY FLAVORS
SALT WATER TAFFY
SAND CASTLES
SANDWICHES
SANTA CLAUSES
SARCASTIC HUMOR (Biting-edged amusement and amusingness tinged and sometimes laced with anger.)
SARDINES
SARDONIC HUMOR (Emphasizing the irony and paradoxes of things, perhaps with cynicism)
SATIN
SAURKRAUT
SAUSAGE
SAVORY (Spice)
SAXOPHONE
SCALLOPS
SCARVES
SCHOOL (“Perpetual student”)
SCOTCH
SCOUTING (Cubs & Brownies, Boy & Girl Scouts, Eagle Scouts, Marine Scouts, etc.)
“SCRABBLE” (The word-spelling game)
SCUBA DIVING
SCULPTING
SCULPTURES
“SEALED UNIT”-ING (Compulsive super-self-sufficiency)
SEAWEED (As food)
“SECURITY”-FREAK
“SECURITY-SEEKING”
SEDATIVES
“SEDUCTIVE-DESTRUCTIVENESS”
“SELF-ATTACK” (Ranging from self-deprivation and self-inconveniencing to self-assault and self-destruction in a compulsive “restitution” attempt)
SELF-IMPROVEMENT
SELTZER WATER
“SERIAL KILLER” (e.g. Ted Bundy, Son of Sam, Jeffrey Dahmer, etc., as well as, of course, “Hannibal the Cannibal”)
“SERVE-AHOLIC” (Serving themselves up on a platter to piranhas in a desperate attempt to get the “God Housekeeping Seal of Approval”)
SESAME (Spice)
“SEVEN-UP,” “SPRITE,” “SLICE,” etc. (Lemon-lime type soda)
SEWING
SEX-ADDICTION; CYBER-SEX ADDICTION
SEXUAL AROUSAL RELEASERS- (VERY DETAILED SECTION)
SHARK MEAT
SHELLFISH (As food)
SHELLS
SHERBERT; SORBORT

SHIP-IN-A-BOTTLE
SHOES
SHOPLIFTING
“SHOP-AHOLIC”
SHOT-PUT
SHOWERS
SHRIMPS (As food)
“SIBLING-ADDICT” (Has to have continuous contact with their sibling(s))
“SIGNIFICANCE-AVOIDANCE”
“SIGNIFICANCE-FIXATION”
SILKY/SATINY TEXTURES
SILVER SETS
SILVERWARE
SINGING
SITUATION COMEDIES (“Sit-coms”)
SKATE-BOARDING
SKEET-SHOOTING
SKIING
SKY-DIVING
SLAPSTICK HUMOR
“SLEEP-AHOLIC”
SLIPPERS
SLOT MACHINES
SMOKED FOODS
SMOKING
SMOOTH TEXTURES
SNACKING
“SNAILS” (Danishes)
SNAILS (Escargot -- the animal as a delicacy)
SNAKE-FANCIER
SNAPDRAGONS (Flower)
SNEAKERS
SNORKELLING
SNOWBALL FIGHTS
SNOWBALLS (Flower)
SNOWBOARDING
SOAP OPERAS
SOCCER
SOCIALIZING
SODA POP
SODAS (Seltzer, flavoring and floating ice cream)
SOFT DRINKS
SOFT BALL
SOFT FOODS
SOFT PORN (“Playboy,” “Playgirl,” etc.)
SOFT TEXTURES
SOLE (As food)
SOLITAIRE
SOMBREROS
SOPHISTICATED COMEDIES

SORREL (Sour spice)
“SORROW-ADDICT”
SOUP
SOUR FLAVORS
“SOY-ADDICT”
SPACE TRAVEL THEMES
“SPACE-OUT ARTIST” (They love to do it)
“SPAM” (Processed meat product)
SPARKLING WATER; SELTZER; CARBONATED WATER
SPEARMINT
“SPEED” (Amphetamines)
SPELUNKING (Cave-exploring)
SPHERE(S); GLASS BALL(S); CRYSTAL BALL(S)
SPICY FOODS
SPICY/SPICES FLAVORS
SPIDER-FANCIER
SPINACH
SPIRITUALISM (Séances, etc.)
SPIRITUALITY
SPITOONS
SPOONS
SPORTS CARS
SPORTS GAMBLING
“SPORTS-MANIA”
“SPOTLIGHT-ADDICT”
“SPOUSE-ADDICT” (Massive possessiveness and need for continuous contact)
SPROUTS
SQUASH (The racquet-using hand ball-like game)
SQUASH (Vegetable)
STAMP-COLLECTOR
“STAR TREK;” “TREKKIE”
“STAR WARS”
STATE LOTTERY PLAYING
“STATUS-ADDICT”
“STATUS QUO-ADDICT”
STEAK
STEALING
STEINS
STEREO-FREAK
STEROIDS
STIMULANTS
STIMULATION-SEEKING
STORY-TELLING
“STRANGULATION SEX” RECIPIENT
STRAWBERRIES; STRAWBERRY FLAVOR
“STRESS-SEEKER”
STRING BEANS
“STRIPPING” (Professionally)
“STRIP-TEASE”-LOVER
“STRUGGLE-ADDICT”

STUFFED ANIMALS
STURGEON (As food)
“SUCCESS-AVOIDANCE” (Compulsive family-embracing)
SUCKERS (Candy)
“SUFFERING-SEEKER” (Compulsively trying to prove themselves worthy)
SUGAR
SUGAR-SUBSTITUTES (e.g. Saccharine, Nutra-Sweet, etc.)
SUNFLOWERS
SUNFLOWER SEEDS
“SUN-WORSHIPPER”
SUPER-SELF-SUFFICIENCY
SURFING
“SURGERY-FREAK”
“SURVIVALISM”
SUSHI
SUSPENDERS
SWEAT SUITS; SWEAT PANTS
SWEET-AND-CRUNCHY FOODS
SWEET-AND-SOUR FLAVORS
SWEET-AND-SOUR-AND-SPICEY-HOT FLAVORS
SWEET DRINKS (Sugary alcoholic beverages)
SWEET FLAVORS
SWEET PEAS (Flower)
SWEET POTATOES
SWEETS
SWIMMING
“SWINGING” (Spouse-swapping)
SWORDS
SWARD FISH (As food)

T

TABLE-TENNIS (Ping-pong)
TAFFY
“TAI CHI-FREAK”
“TALK-AHOLIC;” “TALK-ATHON TABLE-HOPPER”
TALK RADIO
TANGERINE(S)
TAP DANCING
TAPES (Recorded)
TAPIOCA
TARRAGON (Spice)
TATOOS
TAVERNS
TEA (Black)
TEA (Herbal)
TEACHING
TEA CUPS
TEA POTS

“TECH-EMPHASIS”
“TELEPHONE TALK-AHOLIC”
“TENNIS-FIEND”
TEQUILA
THEATER-MANIA
THE PLAINS (A compulsive driven desire for this as an environment to spend time in)
“THERAPY-ADDICT”
THIMBLES
THINKING; THOUGHT
THUMB-SUCKING
THYME (Spice)
TIDE POOLS
TIGER LILIES (Flower)
“TINKER TOYS”
TOAST
TOBACCO
TOMATO(S)
TONGUE (Of a cow)
“TOOTSIE ROLLS” (Chewy chocolate candy)
TORTILLA CHIPS
TORTOISE MEAT
TOYS
TRACK-AND-FIELD
“TRAGIC DRAMA”-ADDICT
TRAINING
TRAINS
TRANQUILIZERS; “TRANQS”
TRANSVESTITISM (The need to dress as a woman by a man)
“TRAVEL-ADDICT”
TREES
“TREKKIE” (“Star Trek” fan/fanatic)
“TRIVIA-FIXATION”
TROMBONE
TROPHIES
TROPICAL FISH
TROUT (As food)
TRUMPET
TUBA
TUBER ROSES (Waxy, white flower)
TULIPS
TUMERIC (Spice)
TUNA
TURKEY
TURNIPS
TURTLE MEAT
TV
TV WRESTLING
“TWIDDLING” WITH OBJECTS
“TWINKIES” (“Junk food” baked goods, sweets)

U

UNICORNS

“**URGENCY**” (“I work best under pressure”)

V

VALIUM (Tranquilizers)

VANILLA

VEAL

“**VEGETARIANISM-FREAK**” (“Veggie than thou”)

VEGETABLES

VELVETY TEXTURES

VENISON

VIAGRA- ETC. (Erection-enhancing drug that works by blocking blood exit from the penis.)

VIBRAPHONE

“**VICTIM-TRIPPING**”

VIDEO GAMES

VIDEOS

“**VINDICATION-SEEKING**”

VINEGAR

VIOLA

VIOLENCE

VIOLETS (Flower)

VIOLIN

VISUAL EXPERIENCES

VODKA

VOYEURISM (“Peeping”)

VOLLEYBALL

W

WAFFLES

WALKING

WALLETS

WALNUTS

WANDS

“**WAR-FACINATION**”

WARM BEER

“**WASH-AHOLIC**”

WATCHES

WATER

WATER CHESTNUTS

WATERCRESS

WATER LILIES

WATERMELON
WATER POLO
WEAVING
WHEAT
WHEAT CRACKERS; (“WHEAT THINS”)
WHEAT GERM
WHIPPED CREAM; WHIPPING CREAM
WHISKEY
WHITE FISH (As food)
WHITE-WATER RAFTING
WIND-SURFING
WILDFLOWERS
WINDOW-SHOPPING
WINE
WINKING
WINTERGREEN
“WISDOM-FREAK”
WISTERIA (Flower)
WOOD (Tree- and tree-product freak)
WOOD-WORKING
“WORKAHOLIC”
“WORKSHOP-JUNKIE”
WORRYING
“WORTH/ACCEPTANCE EXPERIENCE-SEEKING” ADDICTIONS (e.g. cocaine, chocolate, dairy, empathogens like “ecstasy,” herb teas, soy, wheat, sugar, co-dependency, gambling, love, romance, sex, shopping, etc.)
WRESTLING
“WRITING-MANIA”

X

XYLOPHONE

Y

YAMS
YARD SALES
YEAST
“YOGA-JOCK(ETTE)”
YOGURT
YO-YO’s
YUCCA FLOWERS

Z

“ZEN-ZONER”

ZINNIAS (Flower)
ZITHER
ZUCCINI
“ZOO-FREAK”