

# Review of: "A Unified Theory of Addiction"

Manish Putteeraj<sup>1</sup>

<sup>1</sup> University of Technology

**Potential competing interests:** No potential competing interests to declare.

- The displacement segment should be more aligned to human behaviors and use more examples of displacement which is assumed to be 'rogue'.
- 'stress due to medical problems can be displaced by self-destructive binge drinking, or can be displaced by self-enhancing medical journaling' – other examples?
- Is catharsis really displacement in this sense as we are talking about the release of pent-up emotions as a way to reduce the toll of cognitive and emotional processes.
- With smoking, the brain uses the breathing or "sigh" drive to displace the overflow mental energy – or is it because the dopaminergic system kicks in?
- Becoming intoxicated with alcohol, or with a drug, is a displacement behavior – I would say part of the process.
- The additions are not permanent part is too shallow – we cannot formulate such a claim based on one single example – either use the bio-behavioral systems to explain or use more examples of remission from addiction.
- The information presented overall is interesting as a common article which is informative of the re-channeling of 'energy' to divert attention from the main 'self-harm' behaviors associated with substance use. However, if the article is oriented towards a clinical and scientific audience, this has to be clearly outlined, if this article is meant for the common audience, then some information have to be removed and the flow can focus more on the theory of addiction, the idea behind remission and substituting the 'substance; with practices which are healthier and generates the same effect on the reward pathway and how the unified theory can be integrated in such a process.