

## Top Ten Escape Behaviors

1. Anger
2. Verbalization
  - a. Cursing
  - b. Compulsive Lying – lying out of habit
  - c. Pathological Lying – lying to manipulate others or get one’s way
  - d. Complaining
  - e. Gossiping
  - f. Boasting
  - g. Joking
    - i. Minimizing – making serious matters insignificant
    - ii. Coarse Joking
  - h. Attention Seeking
3. Sex
  - a. Molestation
  - b. Rape
  - c. Pornography
  - d. Voyeurism – spying on others engaging in intimate behaviors
  - e. Exhibitionist – flashing or calling attention to one’s body parts
  - f. Bestiality
  - g. Masturbation
  - h. Fantasizing
  - i. Simultaneous or Sequential Affairs
  - j. Cyber Sex, Phone Sex
  - k. Conquistador – belief that a person can have anyone he desires, preying sexually on others with low self-esteem
  - l. Promiscuity – multiple partners
  - m. Strip clubs
  - n. Adult bookstores
  - o. Prostitution
  - p. Sexual Objectification – regarding and treating partners as nothing more than a sexual object
  - q. Anonymous Sex – high-risk sex with unknown persons
  - r. Intrusive Sex – touching people in crowds and boundary violations
  - s. Sadomasochism (S & M) – being hurt or humiliated during sex, hurting and humiliating others during sex, bondage sex
  - t. Exploitive Sex – exploitation of the vulnerable, sex with minors
  - u. Sexual Fetishes – fascination with an object, item of clothing or body part
4. Food
  - a. Under eating
  - b. Over eating
  - c. Vomiting
5. Tobacco
  - a. Smoking
  - b. Chewing
6. Alcohol
7. Drugs
  - a. Illegal
  - b. Prescribed
8. Theft
  - a. Shoplifting
  - b. Kleptomania
  - c. Burglary
  - d. Embezzlement – using another’s money while holding it in a trusted position
  - e. Fraud – any act to deceive someone out of his possessions
9. Gambling
  - a. Sports Betting
  - b. Card Games
  - c. Lottery
  - d. Stock Market
  - e. Video Poker
  - f. Slot Machines
10. Work

## Other escape behaviors commonly used

---

- Achievement
  - a. Underachieving
  - b. Overachieving
- Attention Seeking
  - a. Clothing
  - b. Language
  - c. Behavior
- Beverages
  - a. Coffee
  - b. Energy Drinks
  - c. Soft Drinks
- Cleaning
- Collecting
- Driving
  - a. Drunk Driving – illegal activity producing an adrenalin high
  - b. Speeding
  - c. Road rage
- Entertainment
  - a. Television
  - b. Music
  - c. Concerts
  - d. Games
- Excessive Fantasizing
  - a. Imagination – living in one's head to escape reality
  - b. Worry
- Fetishes
- Fitness
  - a. Dieting
  - b. Exercising
- Internet – visiting favorite sites multiple times a day
  - a. Checking Email
  - b. Facebook
  - c. Twitter
  - d. YouTube
- Laziness
- Marriage – engaging to escape or gain something
- Masochism – willingness to subject oneself or others to unpleasant or trying experiences of humiliation or pain
- Money
- People Pleasing
- Perfectionism
- Phones
  - a. Texting
  - b. Talking
- Playing with toys
- Prayer (without action)
- Racism – Putting others down in an attempt to feel better about oneself
- Reading
- Relaxation
  - a. Watching
  - b. Playing
- Self-mutilation
- Shopping
  - a. Compulsive buying
- Sleeping
- Sports
- Studying
- Television
  - a. TV shows
  - b. Movies
- Traveling
- Trichotillomania - Pulling out own hair compulsively
- Vandalism
- Video games
- Worship and Religion