

HELP ME ~ I Just Can't Stop | Addictions

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Whether it's drugs or alcohol, spending, sex, or even overeating, when we have repeatedly tried to stop, but can't - then it's an addiction.

Addictions are very frustrating. At times, we feel so strong that we truly believe we can stop. Then a trigger ambushes us. Craving rears its ugly head. We rationalize, "I'll just do it this time, and then I'll quit." We redouble our efforts; we pray; we promise ourselves it will never happen again . . . until the next time.

Why can't we quit? Is it a matter of will power? Do we need more faith? What is wrong with us?

An addiction is really a cover-up. What's going on is grief, loneliness, rage, humiliation, pain. These powerful emotions demand attention. Imagine yourself fighting off these negative emotions (conscious or unconscious) when someone casually offers you a drink. You take it and suddenly, you feel a lot better. The emotions are suppressed, and you learn that drinking relieves the pain. However, drinking doesn't fix the cause of the pain. The triggers resurface. Again you reach for relief. It's a vicious, horrible cycle.

Part of maturing is learning healthy ways to manage feelings. Professional counseling can help you identify what's going on. Self-help groups, including AA, NA, GA, SA, OEA etc., provide a community of support and wisdom. Do get help. God can and will free you from the bondage of addiction. ■

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