

ADDICTION

Compulsive Behavior ~ Self-Deception ~ Stress ~ Guilt ~ Pain

All addictions are engaged to produce a desired *mood change*.

Types of addictions include;

- Alcohol
- Food
- Drugs
- Shoplifting
- Compulsive spending
- Sexual addiction
- Nicotine ~ Cigarettes
- Anger ~ Rage
- Control
- Co-dependence

All of these addictions carried out by the addict are a searching for wholeness, happiness, and peace. So you can say that the addict is in a spiritual crisis and the search is out of control and maladaptive.

There are two primary types of addictions;

1. **Arousal**
2. **Satiation**

Arousal: In the first type of addiction, arousal comes from amphetamines, cocaine, ecstasy, and the first few drinks of alcohol, and from the behaviors of gambling, sexual acting out, spending (shopping addiction), stealing, and so on. This type of arousal causes sensations of intense, raw, unchecked power and gives a feeling of being untouchable and all-powerful. It is the ultimate high and speaks directly to the drive for power. And this arousal makes the addict believe they can achieve happiness, safety, and fulfillment, while it drains all power. It is this loss of power that draws the addict back to the behavior in a futile attempt to get more power and they eventually become dependent on the event or object. Addiction is complete. An arousal high is a power trip!

Satiation: A satiation high gives the addict a feeling of being full, complete, and beyond pain. Heroin, alcohol, marijuana, tranquilizers, and various behaviors such as overeating, and watching TV, all produce satiation highs. The satiation high is attractive to certain types of addicts because it numbs the sensations of pain or distress. The pain free state remains as long as the individual remains in the 'mood change' created by the addictive ritual. But the high always fades away and the pain returns, with the accompanying loss of pleasure. The addicted must act out more often if they are behavioral addicts or increase their dosages if they are substance abusers. The high gains control over the addict with promises of relief from pain. Ultimately the pain returns and becomes grief and despair.

Addiction and the mood change created by it, seduces the person into believing he or she, can be nurtured by objects or events. It is temporary relief, but never lasting and cannot provide real nurturing. Slowly, addicts start to depend on the addictive process for a sense of nurturing and definition of who they are. Their lives become the pursuit of their addiction. Life has its' ups and downs and is at times painful and disappointing. That is part of the experience of living. Addicts keep delaying these life experiences as a way of nurturing themselves.

Recovery: The process of recovery from addiction is found in the renewal of the self; in forming and focusing on a caring and meaningful relationship with the Self. This eventually begins the process of forming meaningful relationships with others and with spiritual principles.

The process of renewal starts with truth, that most healing of all principles.

I employ gentle, yet powerful processes that lead to self-awareness and self-empowerment that will put you in charge of you life. The journey to self-empowerment sets you free. Call for a confidential phone consultation to find out if recovery is right for you.

Live in the moment with peace.

David Williams pht., cht.

Counseling and Therapy

707.566.9339

To contact David Williams about speaking engagements, write or call David at P.O. Box 1584 Santa Rosa CA 95402 ~
707.566.9339 or 800.448.5531