

oversensitivity & addictions

is it time to begin dealing with your inner and outer addictions?

your addictions are a symbol of something else, some other base feeling or misinterpretation of events or situations in your life.

one cause of addictions is over-sensitivity which in turn leads to a low self esteem and self worth.

feelings of hopelessness and not being good enough go hand in hand with addictive behaviors of all sorts that get you in to trouble, and that cause mental emotional pain.

where to begin

first you must begin by recognizing that you have an addiction, and once that is done you can then begin to address the cause(s). one cannot change what one does not acknowledge.

quieting your mind and busy brain is a must so that you can more clearly be aware of where your pitfalls are.

any activity that does not support your higher creativity and productivity should not be in your life.

anything or anyone that does not encourage you to reach deeper within yourself, and to move higher in your awareness is not good for you.

your ego keeps you in a high state of sense-seeking excitement or numbness is not for you. replace this with a sense of inner peace and self understanding.

avoid pointing the finger at anyone other than yourself for your problems.

use the courage of the contestant susan boyle, (britains got talent), to take your first steps.

be firm in that courage so that you can move forward in this world.

You can also reference the addictive cycle at:

http://invisionwellness.com/library/addictive_cycle_layout.pdf ‘

Sometimes this template or structure helps to build a foundational understanding of an addictive pattern, and then discover solutions and regain and remain a “free agent.”

