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Partial Lecture notes for Free Download

Escaping Addictions Pit

Change is difficult, and depends almost entirely on the degree of motivation / persuasion present at the point of temptation. (See motivational tri-angle)

Some of the lesser recognised addictions include: -

- * Anger, aggression and violence.
- * Adrenaline (invoked by such stimulus as gambling, dangerous thrills / speed.)
- * Erotic arousal, orgasm, voyeurism / nakedness.
- * Shopping / spending.
- * Rescuing and co-dependency. Addiction to another person.
- * Praise, adulation, popularity, centre of attention.
- * Easy money – theft, prostitution and shady dealing / vice.
- * Television, videos, games.
- * Sugar foods and coffee.

Which of your desires has grown bigger than you are? The moment the pain of abstinence becomes greater than your ability to self-talk your way to abstain then, like a fish on a line, you are 'hooked'. Do you have the desire to stop, but not quite enough motivation? Then you are still quite 'fixable'. OR is even the desire to stop itself completely lacking? That is a much more difficult assignment.

Common Predisposing Factors are: -

Copying parental coping methods (as in drinking or gambling); anger, violence and rejection in the family home; a history of fostering or adoption; angst (lack of touch / bonding); Candida (digestion disorder) or constant physical pain; history of sexual abuse / promiscuity; lack of parental control (too much freedom); a grudge held from way back; a poor / hopeless community creating a lack of purpose for life, or a lack of assertiveness skills. In short, anything that leaves a person subject to a reoccurring unbearable feeling (UBF) has left the ground ripe for addiction of some variety, as the sufferer seeks to escape the onset of what is

Spot the 'Quick-Fix'

Question: What's the difference between a person who has a glass of wine as part of a meal and a person who drinks in order to feel 'no worries', forget regrets, calm down, get courage, remove loneliness etc? Addiction begins as soon as we indulge ourselves in any activity *to achieve a desirable emotional state*, rather than *teach our own mind* how to comfort and reassure us. *Self-medicating* is usually about finding *easy comfort*, (mental / emotional relief from stink feelings) and as such represents an addictive 'quick-fix', discovered in early years, and now reinforced over countless repetitions.....

That Unbearable Feeling

Almost everybody has a feeling which they are desperately afraid of - a feeling they spend much of their time trying to keep one step ahead of. For example, the feelings of despair, conflict, rejection, humiliation, angst, loneliness or being a failure. (See further lecture.)

These are echoes from a time when that feeling was so overwhelming (usually in childhood or previous toxic relationship) that it threatened to swamp our hearts and destroy our self-confidence, and our primal (deep) mind vowed never to allow such an experience to return again. Addiction is often the later result, as the inner child reaches for survival kits of any kind to fend it off or get back the memory of euphoria once experienced.

A Mission

The overcoming of addiction is best thought of as a great mission. Missing out the counselling spade-work (see 'Steps Out' diagram) will result in 'white-knuckling' it or christianised quick-fix, and the mission is usually aborted before one is quite ready, increasing the likely-hood of morale-sapping failure. Will-power is simply not the answer (see will-power diagram). Let me say it again; the will alone, simply doesn't have what it takes. Like a marriage vow, it is only as good as the motivation and mental health that supports it. By itself, it's simply insufficient. It helps to think in terms of working across the grooves of the mind, and digging new channels to take the compulsive mental energy.

Willpower

Since the strength of will-power is the *result* of insights available, it is never 'stand-alone' resolve. Willpower is not the primary issue therefore, but rather the degree of 'fully persuadedness', *that one can never indulge in that activity again*, which in turn releases the will. And yes, it is a struggle; for many, a life-long one.

Understand LIMBIC LAG

The gap between knowing it to be the right thing to believe and do, and the feeling that it's now coming naturally. The limbic system takes much longer to be reprogrammed than the neo-cortex. This means increased confusion (discordance) for a time afterwards. For example, driving on the 'wrong' side of the road in another country. This lag takes from 21 – 45 days,

Boring!!

"What has the straight life (self-denial) got to offer me, after the stimulation or pleasure of what I've experienced" is a very real question in the mind of the addict, which has to be convincingly answered. Making friends with boredom / their own company, is a very real issue for many addicts, whose capacity for neurological stimulus has opened

Cathartic Encounter with Divine Power

Because the problem and answer both lie in the neurological (nervous) system of the addict, which has *taught itself torment*, anything that helps 'blow it out', or clean it up and relieve it will be helpful. Speaking in tongues, worship, weeping & sobbing under the influence of divine power, or ordering the desire itself to collapse in the face and power of Christ's Spirit, are all powerful tools to help reassert one's freedom over the repeating waves of desire.

Friend or Enemy?

One of Derek Prince's great insights must be; "God will deliver you from your enemies, but not from your friends." It is my God given personal sovereignty - my right to self-determinate - which allows me (and me alone) to name this thing as my friend OR my enemy. However, to call that which was once a friend, an enemy, something will have to give. And that something is no less than my own identity, or at least a part of it. That's right, *part of you, is about to die*. 'And who will I be after that?', is the crucial, and anxiety producing issue that should be explored in therapy. And it's no small question. It may well involve the loss of life-style, friends, employment, house; even ones spouse or lover. It is my opinion that

In Conclusion

Remember, "everything is given for your enjoyment, only be mastered by nothing", least *your free mind be lost forever*. For in this you can *create your own hell* by becoming eternally trapped in tormenting, unfulfilled yearnings. Denial ensures that the future can only be more of the past. Denial doesn't work and neither do cheats fixes. We surely must "guard the affections of the heart, for out of them spring all the issues of life."