

addiction or bad habit

Posted by regularjoeschmoo - 05 Sep 2014 20:32

Just wondering if there is a difference. I personally feel that I got into some bad habits and with a little control I can hopefully break them. But I wouldn't call my bad habits an addiction. An addiction is in your genes and much harder to control and maybe it's never gone, a bad habit can be gone with some training.

probably an addict needs a much stronger dose of help than does a bad habit.

When it comes down to the bottom line don't know if it really matters what label, all need changing of ways, but was wondering. (even though I wouldn't want the label addict after my name)

If someone eats treif, is he an addict or he got into a bad habit of eating treif? or gets up late and doesn't go to shul to daven with a minyan he's not an addict but has a bad habit.

I ask this because I see many people using the term addict describing what they do. Are they all addicts or just really have some very bad habits?

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Re: addiction or bad habit

Posted by skeptical - 05 Sep 2014 20:49

I had the same exact question when I signed up here.

I think the answer is, who cares?

If it's a bad habit, work on it.

If it's an addiction, work on it.

In any case, this site offers lots of help to work on it.

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Re: addiction or bad habit

Posted by skeptical - 05 Sep 2014 20:50

Have you ever been successful with just a little control?

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Re: addiction or bad habit

Posted by regularjoeschmoo - 05 Sep 2014 20:53

When I read some other stories and see what others are going through I feel like I don't belong here. Like walking into a cancer ward for an ingrown toenail. Go and get help in a place thats fits your illness.

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Re: addiction or bad habit

Posted by regularjoeschmoo - 05 Sep 2014 20:56

yes.(at one point 240 days)but now every day that I hold back even a little bit is success for me.

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Re: addiction or bad habit

Posted by skeptical - 05 Sep 2014 21:07

What happened after the 240 days?

Why is holding back even a little bit a success in your eyes?

Why do you find it so hard to hold back?

There's good stuff on here for an "ingrown toenail" as well as for the C-word, though we like to refer to it more as an allergy than that.

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Re: addiction or bad habit

Posted by cordnoy - 05 Sep 2014 21:22

That is one of the reasons why people are encouraged to share their stories, for this way, we can gain perspective as to where they are comin' from.

You say that bein' addicted is in a person's genes; I wonder where you got that from. Most people here caught on to somethin' at a certain age, didn't control it then (perhaps due to characteristics) and became addicted.

Whatever the case, if you don't feel you belong here, and it is botherin' you that you're here, we don't lock the door from the outside, but if you think you can gain by bein' here, or if you can assist others...please stick around.

Thanks

b'hatzlachah

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Re: addiction or bad habit

Posted by gibbor120 - 05 Sep 2014 21:22

This site is for all types. The handbook gives tips and tools for any level of "bad habbit" or "addiction". I see it as a continuum, not a point. We are all at different points on the continuum somewhere between "bad habbit" and "addiction".

The only benefit I see to calling it an addiction is that it means I can't get out on my own. I need help. That realization may help someone reach out in a way he wouldn't if he just has a "bad habbit".

I can't do it on my own. I tried for many years, and just kept getting worse. Reaching out, opening up, staying out of isolation has helped me. Avoiding triggers of all types helps too. I think it can help anyone.

See what works for you.

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Re: addiction or bad habit

Posted by skeptical - 05 Sep 2014 22:03

Is there a reason this needs to be in the Balei Battim's section?

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Re: addiction or bad habit

Posted by ineedchizuk - 07 Sep 2014 00:44

Thank you Gibbor, for another deceptively simplistic post.

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Re: addiction or bad habit

Posted by dms1234 - 08 Sep 2014 01:26

WELCOME!!!!!!!!!!!!!! ITS GREAT TO HAVE YOU!

regularjoeschmoo

When it comes down to the bottom line don't know if it really matters what label,all need changing of ways, but was wondering. (even though I wouldn't want the label addict after my name)

is still the same, I'm just reinvigorated! Its like I'm a new person! . my name

I think it would benefit you to stick around

Check out: [Skep's tips](#)

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it really doesn't matter! but if you are an addict, the name doesn't follow don't worry