

addiction , siman or siba

Posted by appreciate - 06 Dec 2013 10:52

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This is my first day here and i have seen many people compare an addiction to a disease, and not only that but an incurable disease. I cannot believe that. I have had ups and downs and I have asked myself if it will ever end or will it always remain dormant. And I have answered that it will end.

Here is a quote from Principle 9: Why religion alone isn't always enough

"As one addict (on our forum) explained the term "Cleaning House" that is used often in AA:

It is important to realize that our real problem is the pain in our lives that makes us vulnerable to addiction. Addiction is the self-medication for the problem, and not the problem itself. This pain is caused by a "wall" in our relationship with Hashem and in our relationships with many other people in our lives. To remove that pain, we have to remove the walls. The walls are not as we had always thought, i.e. the things Hashem has done to us, or the things that others have done to us, but in reality, the walls are made up of our character defects that we have injected into those relationships. And the only way to stop the pain, is to make a true cheshbon hanefesh (personal accounting) on those character defects, accept that we need Hashem to remove the defects from us, and ask Him to do so. Then, and only then, can we begin to repair our character defects with honesty, so that they no longer act as a wall in our relationships (both human and Divine).

Addiction isnt a disease its our self medication for a different problem. If that problem is removed so will the addiction. So lets knock that wall down.

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Re: addiction , siman or siba

Posted by skeptical - 08 Dec 2013 10:54

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Hatzlacha!

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