

Addict without an addiction?

Posted by smiley1900 - 24 Sep 2013 20:12

I'm still relatively new here (about two weeks) yet have gained so much (hopefully contributed a little too). I introduced myself to this forum with a question, is acting out an addiction or an unhealthy way of fulfilling a need like food to hunger? And I tried to prove that it is not an addiction from the fact that sex is not inherently a bad thing like alcohol, drugs, etc. and is in fact the first mitzvah in the Torah.

Three things were pointed out to me:

- 1) There is a difference between sex and lust.
- 2) My question was a reflection of my own reality not the reality of others who are really addicted to lust, sex, porn, masturbation, etc. in the same way others are addicted to substances (alcohol, drugs, gambling).
- 3) Regardless of whether it is an addiction or not a person cannot use their circumstances as an excuse for unhealthy habits, and that the question can sometimes distract from correcting the problem. (I still believe very strongly that this distinction is critical to finding the most effective way of dealing with the issue, but that's not why I'm here today, it is discussed more at length in other threads).

I am here today because after looking around for a while I found something very interesting, while I am not addicted to any specific bad habit, no alcohol, drugs, gambling, overeating and for two weeks now I have nipped the occasional urge in the bud without a struggle, at the same time, the descriptions of the addictive personality resonate very strongly with me: "allergy", fantasy, lack of control, and when I'm being real with myself (which is most of the time) I feel the term "addict" sits very well with me as a description of my personality although I'm not addicted to anything in particular.

So here's my problem, if I'm an addict that would seem to suggest that I need to become sober, but if there is no particular addiction or it keeps changing, then where do I go to get sober? Addicts Anonymous? Is it even possible to become sober without an addiction? Is there a "cure" for an addictive personality, or is it just a personality type I will have to struggle with for the rest of my life? Which is perfectly fine with me, it just means I have to stop trying to "fix" something that is not "fixable". Maybe I should develop a harmful addiction (I'll choose the least harmful one) so that I can join a ?A group... (OK, I'm joking, sorry if it was in poor taste)

The problem with turning to rabbonim and therapists is that from following the topic of addiction for a while I feel that the common rabbonim and therapists are not familiar with the addictive

personality and how to deal with it. Maybe I need to speak to an addiction specialist. But what do I say? "Hi, my name is smiley and I'm an addict but not addicted to anything in particular..."

). Maybe that's exactly what I'll do...

Thanks for listening.

(Actually, that's not entirely true, I'm currently addicted to the GYE forum, totally out of control...

Gut moed, happy zman simchoseinu!

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Re: Addict without an addiction?

Posted by skeptical - 25 Sep 2013 20:06

smiley1900

Skeptical, your comments combine the lust and addiction aspects into one thing because that is your experience, this however is not my experience, and I am not like the many others on this site

You are right. I can only give my perspective based on my experiences, and those that others have shared with me on this site. If it helps, that is great. If not, don't mind me. What do I know?

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Re: Addict without an addiction?

Posted by smiley1900 - 25 Sep 2013 20:08

OK, people, big news! I discovered what I think my addiction is and I'm beginning to learn how to recover from it.

It is called an "Emotional Addiction" and it means that I am obsessed with feeling certain ways

at certain times and can't function until I get a "fix" that will give me the feeling I want to feel. My research on the subject of emotional addiction is in its early stages but it seems that awareness is one of the keys of recovery, so I guess I'm already on my way to recovery...

Gut Yom Tov to all!

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Re: Addict without an addiction?
Now, I'd better stop posting here, otherwise I'd be feeding my addiction...
Posted by smiley1900 - 29 Sep 2013 21:50

Yes, it all makes sense now, obsession of the mind, allergy of the body. Triggers are everywhere and come more often than the clock ticks... If you think this sounds strange, be happy you are on the other side of the addiction fence on this one, if you haven't experienced it you won't understand... (Sounds familiar?)

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Re: Addict without an addiction?
Posted by smiley1900 - 29 Sep 2013 19:40

I'm still debating whether to approach this as an overeating addiction, or a breathing "addiction"...

Either way, it's not a lust addiction, so I guess this part of my journey is not so relevant to this forum...

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Re: Addict without an addiction?
Posted by skeptical - 29 Sep 2013 23:28

Hatzlacha!

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Re: Addict without an addiction?

Posted by inastruggle - 30 Sep 2013 00:27

Just to state the obvious, you still have a p and m problem, whether or not it's an addiction doesn't make such a difference. You should probably still hang around with us.

I'm not sure what a breathing addiction is, but I wish you hatzlacha as well.

Hatzlacha!

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Re: Addict without an addiction?

Posted by tehylimzugger - 30 Sep 2013 01:32

[smiley1900 wrote:](#)

OK, people, big news! I discovered what I think my addiction is

Does the name of the thread get changed now?

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Re: Addict without an addiction?

Posted by smiley1900 - 30 Sep 2013 06:18

[inastruggle wrote:](#)

Just to state the obvious, you still have a p and m problem, whether or not it's an addiction

doesn't make such a difference. You should probably still hang around with us.

I'm not sure what a breathing addiction is, but I wish you hatzlacha as well.

Hatzlacha!

No, it isn't obvious, because the way I see it, my problem has nothing to do with p and m (or any other specific "addiction") and I haven't had a problem keeping to the chart (I've never tried stopping before), my problem is with twisted mindsets that lead me to justify acting out (and other unhealthy behaviors) under certain circumstances, I don't have a problem with controlling myself when I want to, I have a problem with my mind going off track and justifying unhealthy behavior because I'm in (what I perceive to be) a difficult situation.

But you're right that I should probably stick around just to keep myself in check and keep my mind from straying...

A breathing addiction is an addiction we are all plagued with and there is no way to treat it, only to let it express itself in the most healthy way possible...

I'll stay stick around until my obsession with this place starts becoming a real problem, either for me or for others...

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Re: Addict without an addiction?

Posted by smiley1900 - 30 Sep 2013 06:39

[tehillimzugger wrote:](#)

[smiley1900 wrote:](#)

OK, people, big news! I discovered what I think my addiction is

Does the name of the thread get changed now?

Not until I've confirmed that this is a real addiction. I mean, c'mon, "emotional addiction"? What else are they gonna come up with? Sounds almost as absurd as a "breathing addiction"! Yeah, it's true that I'm obsessed with feeling certain ways at certain times, but that comes from being deprived of healthy expressions of these emotions, does that justify inappropriate or unhealthy behavior? No, and that's what brought me here. Does it justify me living an unfulfilling life? No, and I'm working on that. But does that make me an "addict" of any sort? The question still remains. If just the awareness of my condition is enough to treat it and its harmful effect on my life, I would hardly consider that an "addiction", would you?

I don't know why I'm so obsessed with the concept of addiction, maybe I have an "addiction addiction"... :D

God almighty have pity on my complicated personality... (Who was the famous philosopher who said, "get married, if it works out you'll be happy, if not you'll be a philosopher...")

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Re: Addict without an addiction?

Posted by smiley1900 - 30 Sep 2013 21:10

OK, I have a funny feeling I'm not really getting anywhere here, I should probably speak with somebody who actually knows what their talking about before my "breathing addiction" gets out

Thanks for sticking around and dealing with my shenanigans...

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Re: Addict without an addiction?

Posted by smiley1900 - 03 Oct 2013 23:45

OK, here is the latest from the "Smiley philosophy production facility (aka my brainy brain)":

Last week it was an "Emotional Addiction", it then turned into a "Problem Solving Addiction" (didn't post about that one), and today it is a "Fantasy Addiction". Apparently, my addictive personality adapts to my circumstances and so does the object of my obsession, here is the new title: "Rotating Addiction". This is not entirely a personality thing though, because I see very clearly that a lot of the circumstances which affect my obsession are events that occur outside of me and over which I have no control (kid acting up in school, family member creating a scene in my home, family wedding and family interaction, some kind of fancy dressing in the chassuna food that knocked me out). Apparently, also, my problems don't come at me one at a time, or even as related problems, they come in the form of multiple, sometimes many, unrelated problems all coming to a head at the same time. Which makes it very hard to deal with.

I would think that this phenomena suggests that I should just forget about my problems and do what I need to do, the problem is that I've been trying that for the past 15 years unsuccessfully, so while dealing with problems is difficult and sometimes overwhelming, I don't really have a choice, because however unproductive my life is while battling the never ending influx of problems, just letting them be is not the answer. My approach in this battle is both offensive and defensive, or proactive and reactive, I am constantly looking for ways to reinforce myself and make myself stronger, physically, emotionally and mentally, I am constantly on the lookout for triggers that will weaken me physically, emotionally or mentally, and when problems do arise I dissect the situation and try to deal with the problems as effectively as possible under the circumstances, usually by sorting them in order of most overwhelming ones first. Usually by the time I am done stabilizing the situation and I can catch my breath for a few seconds, the next wave of problems comes storming in. Apparently, hashem has lots of confidence in me, otherwise, some of this stuff makes no sense at all. I try not to disappoint him...

The hardest part of all this is the physical loneliness, maybe I have to strengthen my connection to hashem and then I won't feel so lonely, or maybe I have to stop trying to force the circle to fit into the square (a circle can easily fit THROUGH a square, but not INTO a square)...

I look forward to the day that I will have enough of a handle on myself and my problems to be able to be productive by "normal" standards, and not be so overwhelmed. Or even better, I am looking forward to the day when this world will be a better place and all our problems will be gone, with moshiach tzidkeinu bekorov.

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Re: Addict without an addiction?

Posted by cordnoy - 26 Dec 2014 19:43

[smiley1900 wrote:](#)

I'm still debating whether to approach this as an overeating addiction, or a breathing "addiction"...

Either way, it's not a lust addiction, so I guess this part of my journey is not so relevant to this forum...

Hey!

Shout out to DMS.

Isn't this what you have?

Warning: Spoiler!

Posted by dms1234 - 27 Dec 2014 00:08

My breathing is not the addiction, it is the solution! In that if i don't breathe i will die! (in more) Our minds sometimes, perhaps a lot of times, go crazy! We just gotta take a chill pill, (only a chill pill, please not any other pill) take a deep breath and say HI to Hashem!

So if you call that a breathing addiction because I NEED to do it to survive then surely it is a breathing addiction. If you call it a breathing a addiction because I love to be stress free then surely it is a breathing addiction. Is there a BA?

ways than one!