

Is there such a thing as ``normal" addiction?

Posted by R76 - 27 Jan 2014 08:55

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I have many psychological problems -- such as moderate depression and almost total isolation. I have many other problems -- I am unemployed and I am dependent. I prefer not to discuss my family issues here.

Some addictions seem ``normal" or natural. Prior to '97 I loved seafood -- shrimps, oysters, lobster. I also loved KFC and commonly available beef jerky. Now I have survived 17 years without these foods (except one time in '04). I did not have an eating disorder and my eating habits seemed natural. But such food causes huge spiritual harm.

I am now away from my m. addiction for 116th day. I hope I can keep up, but it is much harder then abstaining from seafood. Some therapists thought that keeping some magazines and acting out two times a week is ``normal" -- but the spiritual harm is much much greater then that of non -- kosher food.

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Re: Is there such a thing as ``normal

Posted by tryingtoshteig - 27 Jan 2014 18:10

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So what is your question?

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Re: Is there such a thing as ``normal

Posted by gibbor120 - 27 Jan 2014 23:14

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[R76 wrote:](#)

Some therapists thought that keeping some magazines and acting out two times a week is ``normal" -- but the spiritual harm is much much greater then that of non -- kosher food. A "normal" person may be able to do that, but an addict cannot stop at 2 times a week. The "allergy" kicks in and the addict becomes obsessed. It takes over his mind and most of his waking (and sleeping) hours. This is regardless of the spiritual harm. An atheist who is an addict

will have the same problem (minus the guilt of the "spiritual harm").

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Re: Is there such a thing as ``normal

Posted by R76 - 28 Jan 2014 01:41

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[gibbor120 wrote:](#)

A "normal" person may be able to do that, but an addict cannot stop at 2 times a week. The "allergy" kicks in and the addict becomes obsessed. It takes over his mind and most of his waking (and sleeping) hours. This is regardless of the spiritual harm. An atheist who is an addict will have the same problem (minus the guilt of the "spiritual harm").

Definitely -- there are people with eating disorders who overeat. Few men have anorexia, but many are overweight. Nevertheless, a Jew who eats ``normal" amount of Kentucky Fried Chicken and seafood still experiences enormous spiritual harm. I do not miss these foods that much.

I hope I can keep away from m. addiction.

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