

CONQUERING MOUNTAINS

My journey pass addiction

MARGINS

Push Boundaries

A PUBLICATION BY MARGINAL MIND MATTERS NPC.



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AFFIRMATION

Before we embark on this journey together, we need to make an affirmation to ourselves. We need to make a mental commitment to take the time to get to know ourselves and to invest in creating our ideal selves and a future that is free from addiction.

Today I, _____ make this solemn commitment to embark on this journey of self-discovery and self-acceptance. I know it will not be easy, but I also know that I am worth it. I know that the time I take for myself is the best way to spend it because if I am my true self, I will overcome my addictions and live a free, healthy, and meaningful life.

As I embark on this journey I will try to:

- Observe, recognize, and reconcile the bad thoughts arising from my addiction.
- I will try to face my pain, guilt, fear, and shame.
- I will realize that the worst things that happened in my life are not meant to be forgotten but embraced.
- I will acknowledge that in the darkness of the past lies the key to my future.
- I will engage in activities and seek out people who will help me channel my unique experiences into tools to create a better life and a better society.

Signed

Date

CHAPTER 1~ WHAT IS ADDICTION?

Addiction is the need to consume or partake in some activity. We do it compulsively. That means that we don't think about it even though that practice may be risky and dangerous.

What are some examples of addictions?

Some addictions are obvious; like drugs or alcohol but addictions can also be normal acceptable behaviours like eating, sleeping, adventure sports. The thing that makes an ordinary activity an addiction is the intention behind the activity.

What is your addiction?

Why do you do it?

CHAPTER 2~ HOW DO ADDICTIONS ARISE?

Some addictions may arise from enjoyment or pleasure-seeking. For example, you may enjoy partying and developed an enjoyment for alcohol or casual sexual encounters. If you partake of this behaviour often enough, it becomes compulsive. That means you start engaging in this behaviour pattern without thinking.

The dangerous thing about pleasure-seeking is that if you engage in a behaviour long enough it becomes less pleasurable and that means that you keep pushing the limits to get more pleasure out of it. Examples include trying harder drugs.

How did your addiction arise?

What was the intention behind it?

So, let's dive a little deeper into pleasure seeking.

Why would you seek out pleasure?

CHAPTER 2~ HOW DO ADDICTIONS ARISE?

Some responses may include being bored and then we need to ask why we are bored and the meaning, more often than not, is we lack meaning and purpose in life. Let's look at this:

What would give you meaning and purpose in life?

How does your addiction relate to that?

CHAPTER 3~ MEANING & PURPOSE

Many of you will find that addiction does not relate directly to your purpose, it does not give you meaning. So, why do you do it? The surprising thing is that your addiction is related directly to your purpose. If you went out seeking pleasure and that pleasure became addictive, it means something was lacking in your life in the first place. Many people occasionally drink, have experimented with drugs, or have a one-night stand but their behaviour is not compulsive. They don't do things without thinking. Their behaviour has not become a pattern.

What do you think is the difference between people who do the same activities but some are addicted and others are not?

Some may think it is strength, or discipline, or will power but it is not. Seeking pleasure is a normal and even healthy behaviour. Humans are created to seek out pleasure and to be happy. Tell me about some of your pleasures.

What things do you enjoy doing?

What brings you happiness?

Can you see the difference between healthy activities that give you meaning and purpose and addictive, dangerous activities that compensate for your lack of purpose and meaning?

CHAPTER 4~ THE ROOT OF ADDICTION

Very often people with addictions have fewer activities that bring them joy and often their addiction takes them away from other activities until the addiction becomes the only activity that brings pleasure.

Do you know why? Did this happen to you?

The reason is that some addictions are deep rooted. If you grew up in an environment in which you did not feel safe or loved; you probably went looking for it elsewhere. Your addiction probably made you feel like you were part of a community.

Do you agree?

Did you find safety and relationships with other addicts that you did not find at home?

Did you find more understanding and acceptance in these circles?

CHAPTER 4~ THE ROOT OF ADDICTION

If you agreed, then you can see the root of the pleasure-seeking was not pleasure itself it was to fill an emptiness in yourself and to escape your circumstances.

Tell me about some of your feelings when you engage in your addictive behaviours?

Tell me about the people you hang out with?

CHAPTER 5~ THE DANGERS OF ADDICTIONS

The thing about addictions no matter what they are, is that they are never healthy. Even if you are reading too much, reading compulsively. You may laugh but it damages your eyes, it prevents you from having human contact or experience life outside of a book.

What are some of the risks from your addiction?

Why do you still do it if you know it is risky?

So, we know we are engaging in risky practices and we still do it and our brains tell us that the costs outweighs the benefit.

Is your addiction worth it?

How do you feel after you have engaged in an addictive habit?

CHAPTER 6~ SHAME IS A MOUNTAIN

Most of us feel shame about our addictive behaviours and that's because society judges us, and we judge ourselves. We feel like we could have done better or been better. There is guilt about the addiction and deep down we also know that the addictive behaviour is not worth it, but we do it because we don't think we deserve better. So, going back to the example of people who do the same activities but one is addicted and one is not.

Do you think the one that has an addiction has a higher sense of self-worth than the one who is not addicted?

I think so because they know their life is worth more than a moment of pleasure. They don't take risky behaviours because their life is important to them. They have friends or family, and they value them too.

Do you think you have an addiction because you believe you have nothing to lose?

Many of us do. We don't place any value on ourselves or on our lives. We feel like we have no one and we have already messed everything up so what's the point of living a better, healthier life.

Do you agree?

CHAPTER 7~ OVERCOMING ADDICTION

Overcoming shame is overcoming addiction. Because if you woke up one day and you looked at yourself in the mirror and you said:

“I am somebody no matter what anyone else says or thinks. I may have no one but I have me. I owe it to myself to look after my body and my mind, to respect myself, to value myself, to love myself, to give myself everything that I wanted from others but they never gave to me.”

If you said those things to yourself, if you loved and valued yourself that way, you would not have an addiction.

Do you agree?

So, what is preventing you from saying that and feeling that?

You see? The biggest problem is not your addiction it is self-perception. Many celebrities have died from overdoses and we, as a society, think why? They were rich and beautiful and famous. They had everything! They had everything except self-acceptance.

Do you agree?

So, the lack of self-acceptance got you into an addiction in the first place and, if you gain self-acceptance, it will help you overcome your addiction.

What does self-acceptance mean to you?

CHAPTER 8~ LIFE BEFORE ADDICTION & AFTER

I want you to look back at life before your addiction.

What are some of the things that you hated about yourself?

What made you feel worthless?

What made you feel unloved?

What made you feel like you did not deserve a good life?

Why did you develop the outlook that you had nothing to lose?

CHAPTER 8~ LIFE BEFORE ADDICTION & AFTER

Now, let's look at your current situation.

What are some of the things that are preventing you from leading a normal life?

Do you hate yourself because of your addiction?

Do you feel shame?

Do you feel judged by society?

Do you feel like all the people you know and love lost respect for you?

Do you feel like it is all over and addiction is now a part of you?

CHAPTER 8~ LIFE BEFORE ADDICTION & AFTER

Do you see yourself and the addiction as one and the same?

Do you define yourself as a drug addict, an alcoholic, an abuser, a gangster, a criminal?

Is that who you are?

CHAPTER 9~ ONE STONE AT A TIME

When you look at things like this, it looks like you are standing in front of a mountain, and you will never get to the other side. It was like that before your addiction. We needed family and friends and society to help us, to hold our hand, to say we will help you get over this mountain but they didn't. So, your addiction was your friend. No one has the right to judge you for that. So, you have been escaping; looking at that mountain and you escape through your addiction.

But no matter what you do the mountain will always be there. There is no amount of whatever you are doing drugs or alcohol or violence that is going to make it disappear. You will continue to damage yourself. You will keep pushing the limits and you may eventually kill yourself but the mountain that was there before the addiction and it is going to stay there until you break it down. That mountain is not for climbing. It is not to reach the top. That mountain is all the stones society has thrown at you in your life and now you have to get rid of them one by one.

What do you think these stones are?

What am I referring to?

These stones are judgement, rejection, hate, ridicule. All of these things kept you trapped. They told you that you are worthless and that you will never be anything. They are illusions that have imprisoned your mind.

Are you ready to get out of jail?

Are you ready to go after the life you deserve?

Are you ready to free your mind?

Are you ready to destroy that addiction?

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