

HABITS AND ADDICTIONS

HOW TO GET FREE OF A HABIT/ADDICTION

- Be aware of the mechanism behind it
- See it is an escape from the moment
- What are we escaping from? Why?
- See that most habits chase pleasure
- See how we always justify it
- See how we disregard the dangers
- Don't suppress or give in to the feeling
- Watch it without language
- Address the underlying problem
- Learn to embrace stillness

FEATURES OF ALL ADDICTIONS

- An escape from the sorrow of life
- Escape from boredom and loneliness
- Escape from conflict
- Result in neural pathways getting established
- Dopamine release causes pleasure
- Hard to break
- Activate our reward centre
- Craving
- Loss of control
- Compulsion to repeat the habit
- Ignore consequences of addiction
- Withdrawal causes distress

WHAT ARE WE ADDICTED TO?

- Smoking
- Over eating
- Alcohol
- Drugs
- Watching TV
- Exercise
- Video games
- The Internet
- Gambling
- Shopping

EFFECTS OF OUR ADDICTIONS

- Damage our health
- Affect our relationships
- Affect ability to think clearly
- Affect our work
- Cause of violence in society
- Cause car accidents
- Affect children's mental and physical health
- Rob our life of joy- the opposite of what we wanted

QUESTIONS

- Is preventing a habit forming easier than breaking it?
- Does changing small habits makes it easier to change big ones?

HUMAN ENQUIRY PROJECT. VISIT HUMANENQUIRY.COM