

Addiction or Compulsion

Posted by Yosef Hatzadik - 07 Sep 2011 17:25

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Is it an **ADDICTION** or a **COMPULSION**?

Among the differences are that an addiction is progressive while a compulsion tends to stay at the same level.

Does anyone know about any more distinctions between the two?

**Dov** has repeatedly stated his belief that many (or most) of the GYE Members are NOT bona-fide addicts. We do find ourselves stuck in the mud, though. Are we trying to cure the wrong sickness when we are focusing on it as an addiction?

It is likely that many of the same tools which work for addiction recovery will also work for compulsion Recovery. Chief among them being the group support & 'reaching out'. That we must recognize & admit the problem clearly is also a given.

Does anyone have any info to share, please?

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Re: Addiction or Compulsion  
Posted by Yossi.L. - 07 Sep 2011 20:33

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Reb Yosef,

Can you explain in more detail the difference between an addiction and a compulsion?

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Re: Addiction or Compulsion  
Posted by Yosef Hatzadik - 07 Sep 2011 21:17

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I cannot. :-X

That is why I started this thread. To give all of you guys who are bored something to do! ;D

Google, Bing, Yahoo, Altavista, Dogpile. :-\

Do research in this rather than in..... :o

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Re: Addiction or Compulsion  
Posted by Shteeble - 08 Sep 2011 11:05

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Careful Yosef, I don't want you getting an addiction/compulsion to starting new threads. :o

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Re: Addiction or Compulsion

Posted by Yosef Hatzadik - 08 Sep 2011 14:42

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[Shteeble wrote on 08 Sep 2011 11:05:](#)

Careful Yosef, I don't want you getting an addiction/compulsion to starting new threads. :o

Don't worry. If there aren't any serious responses to this query i plan to remove this thread. (Just like I deleted the other thread I started.)

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Re: Addiction or Compulsion

Posted by Shteeble - 08 Sep 2011 16:08

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haoimer echeteh v'ashuv...

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Re: Addiction or Compulsion

Posted by Gevura Shebyesod - 08 Sep 2011 17:13

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I'm not a doctor or "sickologist" or anything but here's my 2 cents:

A compulsion is purely mental/psychological. But after doing something so many times the brain actually becomes hardwired with physical changes (neurotransmitters, serotonin, whatever fancy words.....) and the body learns to physically crave the "rush" and to physically resist not having it (withdrawal). That's when it becomes addiction.

And as Dov pointed out in your other thread, once that has happened, even if someone works through the withdrawal and successfully stops the behavior, if they ever go back even a little the addiction can quickly come back full force, because those physical changes can never really be fully undone. Hence "once an addict, always an addict".

Gevura!

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Re: Addiction or Compulsion

Posted by gibbor120 - 08 Sep 2011 17:36

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Just like if someone has diabetes, they can take insulin and live a normal life, so can an addict. Just make sure to remember to take the insulin.... whatever that is for each person.

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Re: Addiction or Compulsion

Posted by Yosef Hatzadik - 08 Sep 2011 18:22

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[Gevura ShebYesod wrote on 08 Sep 2011 17:13:](#)

And as Dov pointed out in your other thread, .....

Here is that post:

[dov wrote on 08 Sep 2011 16:56:](#)

If I am included in 'anyone', then here is all I have to share on that:

It seems that some decent people who are apparently only *compulsive*, eventually become **addicted**.

And it also seems to me that once someone *is* addicted, then reverting back to any *compulsions* automatically reconstitutes their addiction, no matter how many years of recovery and clean time they get. So maybe they do indeed change and downgrade to 'compulsives' in recovery, but it makes no practical difference at all, because their addiction gets turned back on and they are no longer just 'compulsives' then. So the adage "Once an addict always an addict" is not really true, I believe. But *once the guy uses lust*, his (or her) status tends to change back to '100% addict'. For I do not believe in a '50% addict', at all.

He is either powerless and will lose (so he is an addict), or he doesn't really need G-d or any people to help him (for he is not an addict and has enough power), and will win.

Any addict who has discovered that no matter how 'sober' he may be, his *entire* attitude toward schmutz converts to the good 'ole *worshiping* nuttiness as soon as he actually uses porn in the slightest, will agree with me, I bet.

Hoping that is helpful (it helps me!)

Ciao!

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Re: Addiction or Compulsion

Posted by Yossi.L. - 08 Sep 2011 21:49

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Gibbor120,

Just to add to your beautiful analogy: just as diabetes doesn't go away completely, so too your addiction dosnt go away. And the second you stop taking your insulin, or the second you start thinking you have completely uprooted your addiction, you get sick!

Yossi

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Re: Addiction or Compulsion  
Posted by chaimhelp - 09 Sep 2011 04:23

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Stop the word games! If you can't stop your a addict. If you could stop you have a bad habit.

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Re: Addiction or Compulsion  
Posted by ZemirosShabbos - 09 Sep 2011 14:40

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Chaim! so good to see you  
and you are saying very shtark  
have a great shabbos

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Re: Addiction or Compulsion  
Posted by gibbor120 - 09 Sep 2011 14:48

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[Yossi.L. wrote on 08 Sep 2011 21:49:](#)

Gibbor120,

Just to add to your beautiful analogy: just as diabetes doesn't go away completely, so too your addiction doesn't go away. And the second you stop taking your insulin, or the second you start thinking you have completely uprooted your addiction, you get sick!

Yossi

I also believe that just as someone can cause the onset of diabetes by eating junk, we can cause the onset of lust addiction by feeding our neshamos spiritual junk.

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