

Addiction?

Posted by Lou - 15 Dec 2020 04:41

I would like to clarify something. I am sure this is something that has been chewed over countless times here on GYE, but please indulge me and allow me to have some chewing time too.

Can someone please clarify what is the definition of an addiction? When is a behavior considered to be an addiction? Regarding our shared struggles here on GYE, Obviously every frum man has this struggle to a certain extent. Every person has a Yetzer Hara for Arayos etc and today's world is full of temptations. So, if someone falls in his nisyonos is he called addicted? Is it a certain amount of times that he falls to be considered addicted? Furthermore, does it really make a difference if the term addicted is applicable or not? It is a struggle and it has to be worked on in whichever way works as long as it conforms halachically and hashkafically for that person. Or no, maybe there is a very different way to treat an addict and someone else and perhaps it would even be harmful to do otherwise?

Any thoughts are welcome.

Thanks!

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Re: Addiction?

Posted by lampowerless - 15 Dec 2020 23:01

May I ask what difference does it make if you are an addict or not?

Are you happy with this behavior? Yes or No

Do you want to stop? Yes or No

Is what you are doing to stop working?

In SMART Recovery we don't call ourselves addicts. We have a bad habit that is causing us a lot of pain and there are tools and techniques that can allow us to live a better, sober more serene lifestyle.

All the best,

Yaakov

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Re: Addiction?

Posted by eved41 - 15 Dec 2020 23:50

Dov talks about addiction in these posts, among others:

Addiction *MUST* be self diagnosed

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/124072-Dov-Quotes?limit=15&start=120#217416

Great Definition of Addiction and 'unmanageability'(with some added emphasis)

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/124072-Dov-Quotes?limit=15&start=120#215911

Who is an Addict? Do I Need the 12 Steps?

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/124072-Dov-Quotes?limit=15&start=75#129882

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