

Is it time for a change of perspective?

Posted by Human being - 26 Mar 2023 04:27

Dr Gabor mate. -"The first question is not 'why the addiction' but rather - 'why the pain' ".

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Re: Is it time for a change of perspective?

Posted by Eerie - 26 Mar 2023 04:35

Hey! welcome back! We missed you here, and it is so nice to see you! Keep trucking, my friend

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Re: Is it time for a change of perspective?

Posted by Human being - 27 Mar 2023 02:37

It's the myth of "normal" that keeps everything in a warped perspective.

Its not like thier are those that are 'addicts'/'have mental illness' on one side, and then those "normal" people on the other side. We are all part of one group that needs connection safety and interconnected living..

When we act out because of pain, we are normal. We must stop looking at "why the addiction" but rather, why the pain?"

We are all beings who need connection and safety. Those who don't have this are people in pain. Who are normal people. Not addicts.

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