

Does Getting Caught Help an Addict Stop?

Posted by reallygettingthere - 06 Nov 2013 23:29

I just saw this quote from Dan Ariely, author of The Honest Truth About Dishonesty: How We Lie to Everyone---Especially Ourselves

If people get caught lying, do they tend to become more honest?

I do think it makes them more cautious. But dishonesty is selfishly rewarding in the present if you get away with it. And even if you don't, it's only negative in the future. We often weight the present over the future. There's also self-deception. We can't get caught lying when we think we're being honest.

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Re: Does Getting Caught Help an Addict Stop?

Posted by skeptical - 10 Nov 2013 08:04

I got really defensive when my wife caught me and confronted me.

I kind of felt like I was intruded upon and backed into a corner.

It had always been MY problem that I felt I had to deal with in my way. And I didn't feel like it was any of my wife's business. I was a good husband and father otherwise, and it was just my way of unwinding.

My wife giving me an ultimatum just made me resentful. I didn't feel like allowing her to manipulate me. If she wanted to leave, I was going to allow her to do so. I wasn't going to be pushed into therapy or 12-step programs.

It wasn't until my wife backed off my case years later, that I decided to join GYE and work on myself.

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Re: Does Getting Caught Help an Addict Stop?

Posted by Dov - 11 Nov 2013 01:44

[SIB101854 wrote:](#)

My wife caught me, and gave me th ultimatum of seeking help and finding GYE. I would not be more than 90 days clean if I hadn't take both steps. Getting caught should only be the impetus to stop an addiction, as opposed to being the basis for developing strategies how to **change your life**.

Well said.

But it really seems to me that the *ikkar* actual "strategy in changing your life" is first and foremost for us to stop all lying and hiding.

Being more 'mugdar b'arayos' or 'shmiras einayim' is all fine and well...but we have all tried that before, and failed. Right? Pretending to ourselves that "*Yeah, but **this** time if I get caught it will be really bad, so now I am finally serious!*", is just a game we play. Serious about "fighting **harder** but still secretly of course"...is serious about nothing, in the end...but more lying.

If we are really serious 'this time', then I suggest people consider finding a safe person to open up all the way with about exactly what we are doing, wanting to do, and have done in the past - without holding anything back for shame c"v - and remaining so on a daily basis without fail, one day at a time.

It takes humility and surrender, but it works for me and for hudreds of others.

Telling the truth and not hiding the past, present and inner struggles, is not all we need to do - but it is the key that opens the door. Keeping on struggling alone ***is the lock itself*** that keeps many of us prisoners.

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