

Gaining control/Becoming sane

Posted by Tzvi5 - 30 Apr 2019 13:12

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Hi everyone I've been following the posts on the forum for a while now, and see what different people are going through, and want to share my thoughts, on how be free from insanity/Addiction, to help anyone I can.

I'll share what worked for me, and will try to break it down as well as i can.

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Re: Gaining control/Becoming sane

Posted by Tzvi5 - 30 Apr 2019 19:41

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This approach aims to build the ?? ????? ie: logical reasoning, in the hope that the mind will become sane and be able to control addiction. (For those who say addiction is their solution not their problem, this also can make the "problems" that underly the addiction, not seem as problems, and have them stop bothering you.)

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Re: Gaining control/Becoming sane

Posted by Tzvi5 - 30 Apr 2019 19:58

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Learning laws and the reasons for the laws, teaches how one to think, so that when statement "A" is said he looks for an explanation.

For example "rich people have lots of money, because they worked hard and accumulated wealth", the statement is: that "rich people have lots of money", the explanation is: because "they accumulated wealth"

However a problem can be that someone could read the whole paragraph and the ideas are to deep or don't click in his mind, which causes that he doesn't gain the benefits of practising analytical thinking.

a solution would be summarize the statement and explanation in his own words which makes the material easier for the mind to get it.

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