

OVERCOMING DEPENDENCIES

These days it might seem challenging to find someone who isn't addicted to something. There are the more serious addictions and then the ones they call soft addictions. These would be supposedly less dangerous ones like to the computer, texting or to the internet.



But as many of us have seen, even these addictions can cause great harm.

Are you addicted to anything? Do you face and handle your addiction or try to sweep it under the rug? Is it impacting our life or the lives of those around you?

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune."

-William James

Have you tried in the past to cope with or get over it and how did that go for you?

Addictions may have many causes. Some people believe they happen due to stress. Others think the origin may lie more with heredity. Others still may feel that it is a poor "coping mechanism" for people not dealing with their own issues in life. There is the thought that addictions are rooted in physical toxicity and disharmony in the body. There are also other possible causes.

Regardless of the causes, it is important to determine what can be done about them. A person can begin noticing how much time in a day or week their particular addiction takes up.



They may also keep a log of their food, activities and stressors and see what makes it worse or better. They can set aside quiet time to reflect on their own feelings and attitude toward life, their addiction and possible treatment and what approach they would be most comfortable taking. They can seek help, ask for support and understanding and be honest about their need for assistance.

EFFECTS OF ADDICTIONS

- ◆ **Significant decrease in available time for family, friends, and leisure.**
- ◆ **Lack of focus for work and projects.**
- ◆ **Jeopardizing finances for self and family.**
- ◆ **Manipulative behavior to ensure addiction may continue uninterrupted.**
- ◆ **Lying, cheating and covering up to avoid encountering backlash for addictive behavior.**
- ◆ **Possible criminal activity to continue the addiction when legal sources are exhausted.**
- ◆ **Alienation from family and friends due to behavior.**
- ◆ **Risk of job loss due to poor performance and distraction.**



"One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity."

-Albert Schweitzer



"There is no dependence that can be sure but a dependence upon one's self."

-John Gay



KATRINA GREENE, MSW

SUCCESSFUL LIFE COACHING

WWW.SUCCESSFULLIFECOACHING.COM

631-567-0008