

Title:

Addiction to Talking

Word Count:

751

Summary:

There is an old joke about people who talk a lot: ^Do you know the 12-Step program for people

The joke recognizes that fact that incessant talking is a common addiction.

Keywords:

communication, relationships, talking

Article Body:

There is an old joke about people who talk a lot: ^Do you know the 12-Step program for people

The joke recognizes that fact that incessant talking is a common addiction.

Non-stop talking is about using others for attention and approval because of not giving oneself

Talkers are often needy people who attempt to assuage their emptiness by trapping people into

If you are addicted to talking, perhaps you believe that you are being interesting when you go

HEALING YOUR ADDICTION TO TALKING

Imagine that you have a child within you ~ your feeling self - who feels very alone. This child

The very fact of doing this is an inner abandonment and is creating the aloneness that is at the

If you were to take some time each day to have a dialogue, either out loud or in writing, with

As long as you believe that it is someone else's job to fill you, you will not take the time to

While you might not believe that you can fill yourself better than others can, you will not know

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