

Title:

Beyond Fear And Addiction: Six Steps To Healing

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687

Summary:

There is a wonderful anachronism for FEAR:

False

Evidence

Appearing

Real

Much of the fear in our lives is based on false evidence.

Our bodies are designed to respond with the fight or flight mechanism to real and present danger.

Yet many people spend much of their...

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Article Body:

There is a wonderful anachronism for FEAR:

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Much of the fear in our lives is based on false evidence.

Our bodies are designed to respond with the fight or flight mechanism to real and present danger.

Yet many people spend much of their time in the anxiety and stress of fight or flight when there is no danger.

This constant state of fear and anxiety often leads to various addictions in the hope of numbing the pain.

Yet, the addictions themselves are an abandonment of self, in that they are not a healthy and productive way to cope.

Thus, many people are caught in a very negative circle based on self-abandonment:

- Thinking negative thoughts about the future - about rejection, failure, loss of others, loss of self.

We are abandoning ourselves when we allow ourselves to make up thoughts about the future that are not based on reality.

- Once we have created fear with our negative thinking, we try to avoid the fear with our various addictions.

Avoiding responsibility for creating our fear by turning to addictions is another self-abandonment.

- Addictive behavior perpetuates the original fears ~ an endless vicious circle of self-abandonment.

MOVING BEYOND FEAR AND ADDICTION

There really is a way out of this! While the process of moving beyond fear and addiction is simple, it is not easy.

1) Choose the willingness to feel your painful feelings and take responsibility for creating them.

- 2) Consciously decide that you want to learn about what you are thinking or doing that is causing the problem.
- 3) Dialogue with the part of you that is in fear and pain - you can think of this feeling part as a child.
- 4) Open to learning with a Higher Power ~ your own highest wisest self, an inner teacher or mentor.
- 5) Take the loving action for yourself that you are guided to do in Step 4.
- 6) Notice how you feel. If you feel more peaceful, then you know that you have taken loving action.

This six-step process is called Inner Bonding®. We offer a free Inner Bonding course at www.innerbonding.com.

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