

Title:

Recovery From Addictions, Part 3

Word Count:

789

Summary:

People turn to addictions is to avoid the pain of loneliness and fill the empty place inside t

Keywords:

addiction, recovery, addiction recovery, drug addiction, alcoholism, weight issue, alcohol abu

Article Body:

In Part 1 of this series of articles, I defined substance and process addictions, and describe

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

Part 2 was about the first of these beliefs ~ learning how to handle pain. This article address

As small children, most of us decided that it was our fault when we didn't get the love we need

The problem is we became addicted to trying to get love from others and never learned that we

Are you operating from the false belief that you can't do this for yourself ~ that you can't a

If you could see love, you would see that we live in a universe of love ~ that it is all around

When you don't know how to access the love that is always available to you, and you believe th

The inner abandonment that comes from using substances, things, activities or people as your s

As children, our parents were supposed to bring us love from our Source. As adults, we are sup

In the next section of this series, I will explore the ways you might be attempting to get oth

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