

Title:

Recovery From Addictions, Part 4

Word Count:

740

Summary:

The major false belief that causes the most pain for many people is the belief that you can control others.

Keywords:

addiction, recovery, controlling behavior, drug addiction, alcoholism, weight issue, alcohol abuse

Article Body:

In Part 1 of this series of articles, I defined substance and process addictions, and described the false beliefs that cause them.

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. Part 3 addressed the second belief ~ I am unworthy and unlovable.

If I had to choose one false belief that causes the most pain for most people, it would be the belief that you can control others.

In my work with individuals and couples dealing with addictive behavior, I encounter this belief over and over.

Take a moment right now to reflect about what you think and do that is a direct result of this belief.

- Do you judge/shame yourself to try to get yourself to act ^right~ so that others will like you?
- Do you act ^loving~ to others with the hope that others will act loving to you? If you do, you are operating from a false belief.
- Do you get angry, judgmental and critical of others? If you do, then you are operating from a false belief.
- Do you give yourself up, going along with what another wants of you, such as making love when you don't want to?
- Do you withdraw from another or resist another's requests? If you do, you are operating from a false belief.

In important relationships, most people do some or all of the above behaviors, resulting from the false belief that you can control others.

If you really accepted the truth of your lack of control over others, what would you do differently?

I have seen over and over that people finally take loving care of themselves only when they finally accept the truth that they cannot control others.

Shifting out of this one false belief and into the truth will go a long way toward healing your relationships.

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