



Chapter 8: Addiction

Chapter EXERCISE: Your addiction test

Not sure if you have an addiction? Ask your loved ones, if you have any left, what they want you to do less of. Do some research on line on 'your thing' on the -ism that 'your thing' is. How do you know if you are a workaholic or alcoholic? How do you know if you are addicted to porn or Facebook? Go find out.

If it feels useful (I didn't say comfortable), keep your diary of consumption over a few days or a week.

If possible/appropriate, go without it for a week or longer and see what, if anything, attacks you from the inside. Keep a journal of what you feel and think about your 'thing' when you are not having it or having less of it than you want. Cranky? Irritable? Scared? Anxious? Shamed? Craving? Preoccupied about when you will get this 'stupid' exercise over with so you can have more of 'your thing'?

The addiction may be something that is not a daily indulgence, like infidelity/sexual conquest or cosmetic surgery. You'll have to work out your own tests – at least google for other people's experience of addiction in these or whatever areas are appropriate for you.

Could you be considered to have an addiction?