

Addiction ✓

There are probably as many definitions of addiction as there are theories or ways of thinking based on both research & personal experience.

There are many
had we
found. ←

It is not surprising that we find areas of honest disagreement ~~to~~ in the many definitions that we find. Some seem to fit the observed & known facts for some groups of people better than others. Since this is so, since this itself seems to be a fact, then perhaps another viewpoint ought to be examined, in the hope that; more understanding & better communication can be established.

If we can find greater agreement on what addiction is, not, then perhaps what it is will be more apparent. appear with greater clarity. Perhaps our conclusion will give us some clues for

1/22/72

✓ on our prime point - Addiction is not freedom
the very nature of the disorder itself points to this.
Addicts value freedom highly, perhaps because
they want it so much & experience it so seldom in
the progress of their illness. Even in periods of
abstinence freedom is curtailed since we never
know pure that our choice of action is based
on a conscious desire for continued
sobriety or an unconscious wish to return to
addict using. This basic fear often prevents us
from making decisions thus bringing about
personal conflict & only reinforces the knowledge
that we lack personal freedom even in the
state of abstinence.

x
personal →

2.

2. Addiction is not ~~growth~~ personal growth
personal growth ~~is~~ based on creative effort
& creative action presupposes choice & change
& the capacity to face all conditions of living on
its own terms. The repetitiveness, imitative &
ritualistic reactions of the active addict make
personal growth impossible.

3. Addiction is not goodwill & understanding
of those people plain - things outside our own
world of getting, using & finding ways & means
to continue the process. Our deep needs
& fears are seen in our suspicions of the very
people that we have to depend on for our needs.
This suspicion reaches out to every area of our
daily ~~life~~ routine. Anything not familiar
is alien & dangerous to us. many

4. Addiction is not a way of life, altho' we
somehow manage to live thru' it. Life is a
meaningful & changing & advancing process
that looks forward with a reasonable degree
of expectancy to ~~the~~ better & fuller fulfillment
of our desires & needs ~~yet known~~ ~~at the same~~
~~time that~~ a way of life is an active process that
includes others besides our self, that considers
others as important in their own way as we are.
Any worthwhile way of life ~~takes into consideration~~
examines ~~both~~ both personal & social values
as well as material values & forms judgments
based in principles of known value in the ~~sick~~
determination of personal choice. The ~~conflict~~
self-concerned, self-poking, & self-enclosed area
of addict hardly qualifies for a way of life.
addiction hardly qualifies as a way of life.

Our that forms judgments based in principles of known value in the determination of personal choice. The sick, self-centred, self-concerned, self-seeking & self-enclosed area of addiction hardly qualifies as a way of life.

In N.H. we speak of reaching bottom, when drugs no longer do for us what they used to, when even the ~~past~~ feeling of security we used to experience has gone, when we cannot function properly as human beings; when the four points above seem to fit us in all respects then perhaps we are ready to try another way. To surrender in the face of incontrovertible fact is no dishonor or disgrace, altho' our false pride will try to deny this.

To put ourselves in a position to be helped voluntarily, is to start helping ourselves. To give ourselves a break ~~would be the best thing we ever did~~ at this point could be the most important decision we ~~ever made~~ will ever be called upon to make.