

# TogetheriCan

29  
May

## EXPERIENCING ADDICTION - FILLING THE HOLE

As someone who has experienced an addiction, through hindsight, I can say that **I had a hole in my gut that I could never fill.**

I don't know what other expression to use!

**No matter what I tried** that was external to me, **the satisfaction** was **short lived** and only lasted for a short period of time. Alcohol, drugs, food, fast cars, flying, exercise, and sex—nothing seemed to fill that emptiness and the satisfaction I received never lasted for very long.

It is said that a **craving “satisfied”** is bound to repeat itself.

The logic behind that is that **if we give into** the craving, then we reinforce the craving by satisfying it. The **craving then demands more** of the same.

By the same token, **if we stop and challenge** the craving and then **make a conscious decision to continue with an error in judgment**, we are progressing towards a new way of thinking. We make a conscious decision rather than allowing a habitual reaction to make the determining action. We are making a **conscious decision to challenge our thinking**, rather than **allowing it to happen because of habit**.

*However, trying to overcome any addiction using willpower also doesn't seem to last very long.*

At some point, our forgetters kick in and we seem to slip back into a realm of denial.

We stop telling ourselves that we have a problem and start telling ourselves that we are in control and can handle whatever that craving was.

**At some point** after making that decision, the **old habits, kick back in** and become stronger than they were before.

The **12 step program** that I became part of has shown me that it **takes more than willpower. It takes a spiritual program.** It takes something greater than us to actually remove the obsession or craving.

That said, in order to turn it over to something greater than us, it **calls for us to surrender.** Giving up, letting go, giving up the battle, which seems to be an oxymoron.

*How can we, by letting go, succeed in overcoming something?*

It happens, because we allow something greater than ourselves to become active in our lives and provide for us what we cannot provide for ourselves. By establishing a relationship and then building on that relationship, we can allow improvement, strength, peace, and serenity to become part of our lives.

**Michael McCright**

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

December 12, 2017