

## **From Comfort To Addiction.**

On a certain morning or evening, the world feels fairly unfair to you. You feel lonely, but only you knows your sadness. Or you probably feel worked out, you're stressed beyond what you can take, but only you knows this too. Your head throbs, your heart is sunken with grief and emotion. But only you can feel these.

On such a day, you seek for comfort yet there is none. You want to vent, to pour your heart out, but don't know how. To make up for the distress, your mind helps you with a thought, a thought that later becomes an obsession that you feel uneasy if you don't follow it.

It is something attainable, within your reach, yet guilt pushes you from it. That thought no one knows it, just you, it could be going for that bottle of beer and then the second, a longing to feel so high so you take that drug.

As days pass, every time you feel that way, you do it. It gradually becomes a habit, then a habit you can't stop, and later an obsession. What do you call that? Addiction; irresistible yet regrettable. Though it all starts as a thought, and feeding the thought. All addictions ever known, they all started as a thought, be it substance abuse, alcohol, watching porn, masturbation, etc. It was a thought that was fed, a thought that would later become a disease that would imprison your mind.

So how do we stop addiction from growing?

Don't feed the thought, much as it's attractive, don't baby it, don't feed it. Get alternative healthy choices, go for a walk, journal, read a good book. Whatever you do, don't feed the thought. It's an evil that will eat you up for feeding it!

*Chance M*