



“That’s Addict Talk”

BAD HABITS TO OVERCOME

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- 1. *Your EXCUSES are FLOWING.*** You are full of explanations, minimizations and justifications. You find ways to blame others - even your spouse. Over and over again, you refuse to take responsibility for the nature and scope of the mess you have made. The undertone is defensiveness. Remember: ***Boys make excuses - Men make changes!*** Grow up.

COMMON TALK: “You don’t understand.”
“It’s not that bad.”
“Other guys in the group are far worse.”

- 2. *Your EFFORT is FADING.*** You are weak on follow-through. Over time, you are doing less and less of the recovery work you committed to do to overcome your addiction. You over-promise and under-deliver. You are simply not doing the work. You try to talk your way out of it, taking the easy route - the lazy way. You don’t consistently put the work in to grow your faith. Further...you keep relapsing.

COMMON TALK: “What more do I have to do?”
“I plan on doing that soon...”
“I’m doing everything I can.”
“I am working hard.”

- 3. *Your EMPATHY is FEEBLE.*** You are rather self-absorbed and can’t really appreciate the pain you have caused your spouse and often to others. You don’t see the big picture well. You see YOUR picture. You have been so self-preoccupied for so long that your knee-jerk reaction is to filter everything said or done through the lens of how it affects you. Ask her about her hurt. Listen. Let it sink in.

COMMON TALK: “Why can’t you just trust me.”
“Your triggers are hard on me.”
“I don’t like being controlled.”
“The is really difficult you know.”

- 4. *Your EMOTIONS are FLOODED.*** You complain a lot. Your pain is your focus. For years, you soothed all your hurt, frustration and other negation emotion with going to your addiction for relief. You justified it. You talk how hard this is. You whine a lot. You feel sorry for yourself. Letting negative emotions rule you will keep you in the addiction. Base your decisions on what you value - not on what you feel.

COMMON TALK: “You don’t know how hard this is for me...”
“You are asking too much.”
“When is it going to be good enough?”

- 5. *Your EXACTNESS is FLEXIBLE.*** Truth is massaged. You Lie. You stretch the truth to fit your needs. Your “word” becomes fluid. It flows where you need it to. You start by lying to yourself. Then you even justify lying to others. Your word means nothing. Your spouse can’t trust what you say. What you say isn’t what usually happens. Maximize what you CAN talk about to overshadow what you have to cover for. You can’t look yourself in the mirror.

COMMON TALK: “I didn’t want to hurt her more.”
“I didn’t think that would bother you.”
“That’s what I meant.”
“I can’t do anything right.”

“When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.” - 1 Corinthians 13:11

The less these are true of you - the more you are manning up and changing.

The more these are true of you - the less you are moving on in recovery.