



Are addictions sabotaging your relationship?

“Addiction” is a word used a lot in everyday conversation. People use it to describe a range of behaviours from the obviously very harmful - like heroin dependence - to the much less harmful, like a coffee “addict” who feels they can’t operate without their morning “hit” of caffeine. Fundamentally, an addiction causes you problems. It is when you have a compulsion to do something, despite adverse consequences.

Most people are unaware how widespread addiction is, how it can be such a big part of everyday life. People might be aware of some obvious addictions - drugs, porn and alcohol - but often don’t see the more subtle kinds of addictions. Behaviours like eating disorders and people pleasing can actually be “process addictions”.

Addictions can exist in so many people and places: shopping; food; gaming; technology; socialising; love; sex and porn. While on the surface a “shopaholic” or a food addict might appear to be very different from a drug addict or poker machine addict, there are some commonalities between all types of addictions, because the *driver* of every addiction is ultimately the same. It doesn’t matter what the addictive process or substance is; the brain’s craving for a pleasurable distraction arises from the need to fill a deep inner emptiness within us, in our internal world. That emptiness may be experienced as chronic feelings of loneliness, boredom, sadness or pain.

Nobody sets out to have an addiction. They might start out on a journey that looks fun and fairly harmless. Without realizing an addiction is forming, our behaviour actually recalibrates the biochemical reward systems of our brain to entrench our desire for the addictive substance or process. Until this is corrected, we can continue acting out in our addiction despite the cost to us and others around us, sometimes even while oblivious to the fact we are addicted.

Recovery from addiction involves, among other things, turning towards and tending to our own internal world, and being able to love and accept ourselves as we are. This is not something that people with addiction can just do on their own; they need support and compassion. The recovery journey is best undertaken with careful guidance and support from others with appropriate knowledge, understanding and empathy.

Einstein once said that we can’t solve problems using the same kind of thinking that created the problem - we need a different approach. That’s where I come in. I can assist you to unearth the root cause of the addiction and provide strategies to help develop your inner world, beginning with self-love, self-care, self-trust and self-acceptance. Once these issues are addressed, there will be more room for growth in the relationship. Contact Kath for a free discovery session to learn how to recover from sabotaging addictions in your relationship and create the relationship of your dreams.

Kath Prior - 0432 685 887

kathprior.com.au