

Parallel Learning Technology

Adult/Adolescent Addictive Mental Process

The adult/adolescent is truly caught between a rock and a hard place. The perception of "big circle" superiority coupled with an inflated ego instead of self-identity, results in a perpetual state of fear.

But we do not even know fear is doing our thinking. We have learned to cover up fear with control. In other words, being in control of someone or something removes our awareness of the fear.

Even when there is no need for someone to be in charge, we may find ourselves taking control. The fear becomes so deep that we control for the sake of control.

Control becomes excessive. We do it automatically. It becomes a habit. Sooner or later, we slip into the syndrome of, "too much is not enough." We can't stop ourselves from starting this "control over" cycle of behavior in our relationships.

Now control has become compulsive. We cannot stop ourselves from starting. We may be able to stop ourselves if it seems to go too far, but we can't stay stopped. We only take an occasional rest from trying to control everything around us.

At some point, we cross the invisible line between a compulsive and an addictive process. Addiction is a learned cycle of controlling people, places, and things that becomes a process we can't stop from starting and we can't stop once we have started.

This addictive mental process (AMP) of control eventually attaches to a substance, process, or a behavior.

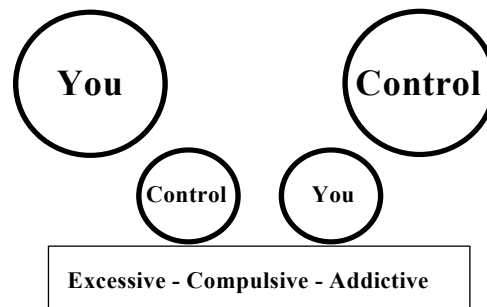
Substance addictions involve chemicals, which lead to a physical dependence. Drugs, alcohol, caffeine, nicotine, sugar, and prescription medications are the most commonly known substances.

Process or behavioral addictions involve an "emotional dependence."

These refer to an activity, interaction, or emotional pattern that a person gets "hooked on." The obsessive use of control, manipulation, anger, worry, sex, work, TV, or the computer are examples of process or behavioral addictions.

It does not matter if the addictive process is intrinsically harmful or not. It controls our perceptions, attitudes, thinking, and behavior. We are no longer in charge of certain aspects of our lives.

Our perceptions, attitudes, thinking, and behavior become contaminated with the addictive model of fear. In order to feel balanced, we have to be in a "Control-over/Control-under" relationship.



This obsession with control causes a constant drive to substitute addictions. When a substance or process is removed and we do not resolve our distorted perceptions, attitudes, thinking, and behavior, then some other substance or process will take its place.

The root cause of all addiction is our culturally learned obsession with control.

Our obsession with control robs us of our ability to develop healthy relationships that are based on equality. Inequality reigns and "judgment of others" becomes the basis for relating with others.

In the world of inequality, my greatness is created by your smallness. And my smallness is created by your greatness.

In such a world, we live in relationships that become a constant battle between superiority and inferiority.

We begin to believe that we have only two choices in relationships; to be aggressive, independent and self-sufficient or to be passive, co-dependent and helpless.

Control creates the environment for addictive living.

Addiction destroys our ability to be equal emotionally, physically, and spiritually with every other human being.

The perception of inequality does not allow healthy relationships to develop and eventually inequality destroys real relationships.

(Excerpt: Resolving Stress and Conflict in Relationships, Chapter 4)