

# Addiction and grace

Psychology



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Addiction and Grace Introduction Psychological and neurological studies present a more expansive definition of the term addiction which is commonly assumed by many individuals (May, 1991). According to May (1991), it is apparent that each and every person has an addiction to something which they might not be knowledgeable about. This addiction is a desire that is manifested in each and every person, and it is present after one has been born, and it is said that the desire is insatiable (May, 1991). This article will focus on the definition of the term addiction and the psychological impressions and conclusions in relation to the book *Addiction and Grace* by Gerald G. May. Impressions and Conclusions from *Addiction and Grace* According to May (1991), an addiction is said to be an inborn desire that is found in each and every human being which is related to something which they might be knowledgeable about. Addiction can also be said to be an un-noticeable desire of something which one cannot fully satisfy since it doesn't 'die' or automatically vanish (May, 1991). Psychological studies show that addiction is usually ignored by many people who tend to think that it is a norm in each and every human living. The bondage of addiction comes as a self-defeating force which abuses our freedom hence making us perform undesirable acts (May, 1991). One of the most common of all addictions in human beings is the addiction to drugs and substance abuse. Some of the most commonly abused drugs include alcohol, tea, coffee and many others. These addictions may 'cripple' an individual for a very long time and even affect their ordinary interests. It is also said that this addiction is never satisfied and can never die (May, 1991). It has been noted by psychologists that this self-defeating behavior is caused by repression. However, this is not the case since repression stifles desire while

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addiction attaches the desire to the human being in question. Many people live in the bondage of addiction and the text addiction and grace by Gerald G. May examines the relationship between addiction and spiritual awareness. Addiction makes people prisoners of themselves since they cannot satisfy such desires. Even though individuals might not recognize the fact that addiction is affecting them, their immediate company can be able to notice this. The author claims that addiction usually attacks the whole of the brain system which in turn affects our normal behavior and also an individual's self esteem. Therefore, this creates two feelings, which include one that is willing to stop the addictive behavior and the other which wishes to continue with the addictive behavior. In justification of the author's statement, it is clear that addiction causes a great damage to self-esteem which usually arises from failures made by individuals who try to change their addictive behaviors. This destroys their self-respect since many people may find themselves unable to stop their addictive behaviors. As a result many end up feeling suicidal or wallowing in thoughts of self pity and hatred. This comes as a result of people, considering themselves out of control of their behaviors and in turn they blame themselves. The author mainly focuses on chemical addiction, which involves the abuse of drugs and other harmful substances. This addiction is considered the most dangerous addiction since it not only affects the one addicted, but it also affects immediate family and society. As a result of this, addicts deny themselves the chance to recover, and they even increase their rate of abuse. This becomes the beginning of repression, and this makes the addict's mind unconscious. It is also true that chemically addicted people suffer mental torture due to their intoxicated mindsets.

Conclusion The first impression that can be observed is that addiction is an <https://assignbuster.com/addiction-and-grace/>

inborn desire that is found in each and every human being. In most cases, the desires that individuals are bound to are hard to resist or shake off. In summary, an addiction of any type is considered dangerous. The author notes that an addiction is most dangerous when it usually involves chemical addiction, which involves abuse of narcotics and other drugs. Since everyone has an addiction it is not obviously recognized to the individual himself/herself. The society can take note of such desires when one is closely monitored. Psychological and neurological studies have, therefore, proved that one has to be able to cope with their addictions in order to live accordingly. This is for purposes of individual and community growth and sustainability. Reference Gerald, G. M. (1991). *Addiction & grace: Love and spirituality in the healing of addictions*. New York: Softcover HarperCollins publishers.