

## *Addiction & Grace*

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*Assignment Question:* Reflecting on the below questions, have I experienced addiction to one or more of the listed behaviors, substances or ideations?

### **Addictions: Criteria and Common Types** (May, pp. 34–39)

Questions that might Reveal *Tolerance*:

- Do I feel that the amount of money and possessions I have right now is sufficient for my security, or do I feel I'd really be better off with more?
- Is my sense of power and control sufficient, or do I feel I need more?
- Are the important people in my life reliable, understanding, and loving enough, or would I feel more secure if they were more so?

Questions about *Withdrawal Symptoms*:

- How do I feel if someone or something threatens to take away my possessions, power, or relationships?
- In a typical week, how much time, worry, and energy do I spend trying to hold on to these things?
- If I were to lose one or more of them, how would I feel?
- In the past, when I have suffered such losses, did I experience the stress reaction of withdrawal (anxiety, physical agitation, tremulousness, irritability, and so on)?
- Have I experienced the backlash or rebound reactions of withdrawal (feelings of deep insecurity, an "end-of-the-world" kind of vulnerability)?

Questions about *Self-Deception*:

- Do I ever find myself making excuses, denials, or playing other mind tricks to rationalize acquiring more possessions or power or to justify destructive behaviors in relationships?
- Have there been occasions when I've wanted to hide some of my possessions from others or to disclaim my power because I really think I have too much?
- Have I sometimes just discovered myself caught up in some security-seeking behavior that I would never have chosen if I'd had my wits about me?
- Have friends or family reflected that they think I'm more attached to some of these things than I myself feel I am?
- Do I sometimes have trouble settling down for quiet reflection, perhaps because I don't want to confront my own truth about things?
- Have I ever found myself thinking "I can take it or leave it" or "I can handle it" in relation to possessions, power or relationships?

Questions about *Loss of Willpower*:

- Have I ever made any resolutions to ease the importance I give to possessions, power, or relationships?
- Have I felt success or failure, pride or defeat with these resolutions, and what were the consequences of those feelings?
- Have I resolved, for example, to contribute more to charity or to be more giving than receiving or to avoid certain kinds of relationships, only to find myself behaving in the same old ways?
- Have I ever gotten to the point with any of these areas where my feelings changed from simple desires to real compulsion, a demanding need that truly seemed out of my control?

Questions about *Distortion of Attention*:

- Where and when do my concerns about possessions, power, or relationships kidnap my attention and eclipse my concern for:
  - Love of God?
  - Love of Others?
  - Love of Myself?

## Attraction Addictions

Anger	Drinking	Intimacy	Relationships
Approval	Drugs	Jealousy	Responsibility
Art	Eating	Knowledge	Revenge
Attractiveness	Envy	Lying	Scab Picking
Being good	Exercise	Marriage	Seductiveness
Being helpful	Fame	Meeting	Self-Image
Being loved	Family	Expectations	Self-Improvement
Being nice	Fantasies	Memories	Sex
Being right	Finger Drumming	Messiness	Shoplifting
Being taken care of	Fishing	Money	Sleeping
Calendars	Food	Movies	Soft Drinks
Candy	Friends	Music	Sports
Cars	Furniture	Nail Biting	Status
Causes	Gambling	Neatness	Stock Market
Chewing Gum	Gardening	Parents	Stress
Children	Golf	Performance	Sunbathing
Chocolate	Gossiping	Pets	Suspiciousness
Cleanliness	Groups	Pimple Squeezing	Talking
Coffee	Guilt	Pistachio Nuts	Television
Comparisons	Hair Twisting	Pizza	Time
Competence	Happiness	Politics	Tobacco
Competition	Hobbies	Popcorn	Weight
Computers	Housekeeping	Popularity	Winning
Contests	Humor	Potato Chips	Work
Death	Hunting	Power	Worthiness
Depression	Ice Cream	Psychotherapy	
Dreams	Images of God	Punctuality	
		Reading	

## Aversion Addictions

Airplanes	Commitment	Mice	Public Speaking
Anchovies	Conflict	Needles	Rats
Anger	Crowds	Open Spaces	Rejection
Animals	Darkness	Pain	Responsibility
Being	Death	People of Different:	Sex
Abnormal	Dentists	Beliefs	Sharp Instruments
Alone	Dependence	Class	Slimy Creatures
Discontented	Dirt	Culture	Snakes
Fat	Disapproval	Politics	Spiders
Judged	Doctors	Race	Storms
Overwhelmed	Embarrassment	Religion	Strangers
Thin	Evil Spirits	Sex	Success
Tricked	Failure	People who are:	Tests
Birds	Fire	Addicted	Traffic
Blood	Germes	Competent	Tunnels
Boredom	Guilt	Fat/thin	Vulnerability
Bridges	High Places	Ignorant	Water
Bugs	Illness	Neat/Messy	Writing
Cats	Independence	Rich/Poor	
Closed-in Places	Intimacy		