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Addiction to Complaining

By Margaret Paul, Ph.D.

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Addiction to Complaining

By Margaret Paul, Ph.D.

Complaining is a way of life for some people. It was certainly a way of life for my mother. I don't remember a day going by without her complaining, endlessly. I don't think I ever heard a word of gratitude out of my mother's mouth. No matter how good things were, she would manage to find something wrong. No matter how perfect I was - and God knows I tried to be perfect! - she always found something wrong with me, as well as with my father.

Over the years of counseling others, I've noticed that some people start every session with a complaint. They can't seem to help it. Like my mother, they are addicted to complaining.

Why do people complain? What is it they want or hope for when they complain?

Addiction to Complaining

People who complain are generally people who have not done the emotional and spiritual work of developing a loving, compassionate inner adult self. They are operating as a wounded child in need of love, attention and compassion. Because they have not learned to give themselves the attention and compassion they need, they seek to get these needs met by others. Complaining is a way they have learned to attempt to get this. They use complaining as a form of control, hoping to guilt others into giving them the attention, caring and compassion they seek.

Complaining is a "pull" on other people. Energetically, complainers are pulling on others for caring and understanding because they have emotionally abandoned themselves. They are like demanding little children. The problem is that most people dislike being pulled on and demanded of. Most people don't want emotional responsibility for another person and will withdraw in the face of another's complaints.

This is what my father did. He withdrew, shut down, was emotionally unavailable to my mother as a

way to protect himself from being controlled by her complaints. Of course, he didn't just do this in response to my mother. He had learned to withdraw as a child in response to his own mother's complaints and criticism. He entered the marriage ready to withdraw in the face of my mother's pull, while she entered the marriage ready to make my father emotionally responsible for her. A perfect match!

My father's withdrawal, of course, only served to exacerbate my mother's complaining, and she constantly complained about my father's lack of caring about her. Likewise, my mother's complaining served to exacerbate my father's already withdrawn way of being. This vicious circle started early and continued unabated for the 60 years of their marriage, until my mother died.

While my parents loved each other, their ability to express their love got buried beneath the dysfunctional system they created. Unfortunately, this is all too common in relationships. One person pulling - with complaints, anger, judgment, and other forms of control - and the other withdrawing, is the most common relationship system I work with.

A person addicted to complaining will not be able to stop complaining until he or she does the inner work of developing an adult part of themselves capable of giving themselves the love, caring, understanding and compassion they need. As long as they believe that it is another's responsibility to be the adult for them and fill them with love, they will not take on this responsibility for themselves.

Our inner child - the feeling part of us - needs attention, approval, caring. If we don't learn to give this to ourselves, then this wounded child part of ourselves will either seek to get it from others, or learn to numb out with substance and process addictions - food, alcohol, drugs, TV, work, gambling, and so on. If, as a child, a person saw others get attention through complaining - as my mother did with my grandmother - and if complaining worked for the child to get what he or she wanted, then it can become an addiction. Like all addictions, it may work for the moment, but it will never fill the deep inner need for love. Only we can fill this need for ourselves, by opening our hearts to the Source of love. Only we can do the inner work of developing a loving adult capable of opening to the love of Spirit and bringing that love to the child within. People stop complaining when they learn to fill themselves with love.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" and "Healing Your Aloneness." She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>. Phone Sessions Available.

Drug Addiction And Recovery

By Ryan Bombard

Several emotional or psychological reasons may drive you into taking drugs. At times it is mere curiosity that propels you to develop an addiction to drugs over time. Drug addiction refers to the compulsive use of psychoactive drugs to such a level at which the user of drugs has no other way out and continues to use it.

Though addiction to drugs like opium have been common since historical times it is in recent times that the problem has been exacerbated significantly. This is mainly due to the cultivation of plants yielding drugs, advancements in biochemistry and improvements in means of getting access to drugs. The introduction of purified forms of active biological agents and the synthesis of new substances like methamphetamine has made drugs more widespread. Clinically, the word 'addiction' has been replaced by the word 'dependency' in relation to drugs.

It may be noted that not all persons are equally prone to addiction. Some persons are psychologically or genetically more predisposed to drug addiction. Again, some kinds of drugs get the better of some particular types of persons more easily. Similarly, the manner of treatment and method of recovery from addiction vary widely according to the types of drugs, amount of drugs, duration of drug addiction, medical complications and social necessities of the patient.

There is the 12-step program among the many recovery methods. Alcoholics Anonymous and Narcotics Anonymous are prominent examples included herein. These are popularly used for a variety of addictions concerning the individual addicted and the family of the individual. Then there are the substance-abuse rehabilitation centers that frequently offer a residential treatment program for the seriously addicted and strive to isolate the drug addicts from other drug users and drug dealers.

The cognitive-behavior therapy, rational-emotive theory or other types of psychological behavior modification methods are employed in the treatment of drug addiction. Replacement drugs like methadone are also used. This methadone is in itself a drug but in order to reduce dependency on stronger drugs like opium it proves helpful. Acupuncture is also a treatment of choice that helps alleviate drug addiction symptoms.

Carrying out the suitable treatment from the various treatments available can bring about recovery from drug addiction. The object is to somehow bring about abstinence from the various addictive substances called drugs.

Ryan Bombard writes about addiction treatments, addiction causes and types and other drug addiction

topics.

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