

Chapter 3: Mind: The Psychological Nature of Addiction

1. May says: "When we fail at managing ourselves, we feel defective." Talk about a time when you felt that way.

Answer: When I allow what I feel for the moment dictate where I'm going towards my future. There was a time when I was considering applying for Alliance University. At first, I allowed my emotions to manage my goal. I waited up until the last 2 weeks of the semester to register until I took back my emotions, managed them, succeed and now I'm here. One of the GREATEST decisions I've ever made in my life.

2. What are your difficulties with meditating or praying? Explain.

Answer: Currently I have no difficulties with meditating or praying, but when I did it was due to questions like does God even hear me? What's the use? Nothing is changing when I Pray. When do I have time during my day to meditate? Meditation and Prayer requires a discipline. A discipline of our flesh to include our Father.

3. May calls the term "addictive personality" a myth. Do you agree or disagree? Explain Talk about how you feel that you are your own worst enemy. What steps have you taken to remedy this?

Answer: I agree with May that it's a myth. It's the addiction that alters the personality and behavior of the person. You were born with it, you adapted and became it.

I am my own worst enemy when I doubt myself instead of believing in myself. When I allow negated things to come out of my mouth towards myself during a time of aggravation and just wanting to give up.

Steps taken towards the remedy:

- Speak positive and you will be positive. Words have Power.
- Break the cycle of becoming your own worst enemy by standing up to your fear and not allowing your fear to make you sit down in failure.
- Continue until you see success. Sometimes the goal just needs to be tweaked, but you're not ending the dream.