

Addiction and Grace: Chapter 3 Questions

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

This statement reminds me of a time when I was involved in a toxic, codependent relationship with two people, on and off for many years. I made many bad decisions in an effort not to lose the “friendship” or offend the people involved; I could not seem to break away from them and break the codependent cycle for good. This made me feel like a failure, especially with a lot of people on the outside looking in, getting frustrated with me for not being able to make better decisions. At the time I felt depressed and blamed myself for what went on in the relationship, thinking that I was the problem and therefore I had to fix it.

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

In general, I find meditation and prayer exhausting. I do enjoy it when I feel up to it and I’ll allow extended time for it, but most days I drag myself to prayer. Even praying for others can be difficult. I think that I am coming to a point where I feel overwhelmed with my own emotions and find it hard to sort through them in order to be in the silence of meditation or in prayer to the Lord. I usually just push through and get out what I can muster for the day; alternatively I choose to do short moments of prayer or meditation for the task/issue/desire/need of the moment throughout the day.

3. May calls the term “addictive personality” a myth. Do you agree or disagree? Explain.

I’m not sure that I agree with May calling the term “addictive personality” a myth. I think that it is clear that certain people have genetic predispositions that are not necessarily “addictive”, but certainly there are some that drive people to addictions. Some of these predisposed characteristics may involve aspects of personality; I am not 100% sure on this, but from what I know, it seems that the idea of addictive personalities are fairly valid at the very least. Operating under that assumption, of course this would not absolve the addict of responsibility for their actions, but it would make them more self-aware.

4. Talk about how you feel that you are your own worst enemy. What steps have you taken to remedy this?

Knowing that I can be my own worst enemy, I do my best to be self aware. I am intentional about processing outwardly if I am struggling with a situation/thought/belief/emotion; I think that talking to people that you trust who will be honest with you is essential to combating negative self-talk and internal struggles. Additionally, I do my best to reflect on what is said (by thinking, journaling, etc.) and take it to prayer.