



## *Reflection from Fr. Garry Richmeier*

All of us have various levels of addiction to certain things or activities. For some, like drug addicts, it is very obvious what they are addicted to and how it interferes with life. For others, it is not very obvious. But an over-attachment to anything can reduce our ability to make the best choice in any situation. An example would be if someone is overly attached to finding a solution to problems quickly, it may hinder them from listening to the input of others working with them.

So how do we know what we are addicted to, how much we're addicted to it, and if it can cause us problems? One way is to go "cold turkey" and notice what happens in us. For example, if I think I might be overly attached to recognition by others, I would put myself in a spot where I'm not noticed. The more "antsy" I feel in that situation, the bigger my craving is to get back to being recognized, the more that addiction is likely to cause me problems. If I think I might spend too much time on Facebook, I would stay off it for a while. Again, the bigger my resulting cravings to get online, the more likely that activity can be problematic for me.

Going "cold turkey" with something pleasurable is not fun, but it can be very enlightening. It can help us be clear about what and how strong our addictions are. With that clarity and insight, we can then keep an eye on those things and not allow them to get out of hand to the point of ruling our lives in some way. Then we can be free to choose what to do because it is the good/right/loving thing to do, instead of automatically following our addictions.

*~ Peace,*

*Fr. Garry*