



## Obsession - Are You Driving Your and yourself Friends Crazy?

Individuals have addictions which seem incomprehensible to people that do not have those addictions. [His Secret Obsession Book](#) Take gambling as an example; non gamblers just don't understand how or why someone would spend every available opportunity to sit down in a casino and willingly get rid of all of their money. From some other notice looks like unbelievable stupidity. It appears to become a boring, repetitious and frustrating hobby at best. On the logical level we wonder why those people haven't worked out that 'the house always wins'. The gambler loves to dance around and brag concerning the times he did win despite the fact that all of us see that the final result's that he doesn't have home, no money staying with you and a huge unsecured debt. Yet, on the small winning streak he is able to be completely oblivious for this fact. Without analyzing all the complexities of a gambling addiction, we can summarize it as this: The gamblers belief in winning the big the first is greater than his belief in the reality of what has happened, what is happening and just what will predictably happen. In a nutshell, the dream is much more real than the reality.

Exactly the same can be said for drugs, alcohol, food, cigarettes, sex and all addictions. A realistic look at an addicts life might be sheer devastation and yet the belief that one more of whatever is going to be what the dream expects itself to be.

It seems to me that a dream can hook into a compartment inside the mind and be completely embedded. It is like a sacred place and it contains all we want. It could be wealth, happiness, love, security or whatever. We have the ability to desires so we have the ability to dreams so we all have a place in our minds in which we live out those possibilities. The gambler might have originally were built with a imagine a large win. He probably had a handful of good wins initially which reinforced the dream. Somehow though, the gambler became addicted to the dream. The big win turns into a primary reference point as well as in time all experiences loop to that point of reference. That is, all information and each experience gets filtered with the reference point.

Some label this classic denial. I refer to it as 'The happy place'.

It seems impossible to speak logic or facts to an addict. They remove what you say; they may make believe you listen, or they argue with you or blank you out completely. [His Secret Obsession Book](#) Their eyes glaze over, their ears shut you out and you can

almost hear them singing lah, lah lah while you speak. They've attended the happy place.