

When we unravel the mystery of our addictions, we can start healing. The truth is, those feelings we remember, are not natural. Not anymore. We aren't those kids anymore. We are adults. Even younger men and women, who have suffered with addiction, are adults, in substance abuse, because they have experienced their loss over and over again. Not just physical loss that comes with the damage of careless spending, and selfish action which fulfills our needs. I'm talking about the actual loss. The actual loss I am referring to is the loss of the memory of our childhood over and over again. Losing a child is said to be the worst human experience in the known palette of sentience. When someone loses themselves, it can rival even that feeling.

That kid we loved to be, those dreams we thought were possible, that drive we possessed to be the best. That kid died every time the drug wore off. Trauma causes age, physical or emotional. Yes, addicts are adults that never could leave the kid but instead watched them die over and over again. But feeling like that kid doesn't bring them back. We are different now. We have different feelings now that we're older. The huge growth of exponential discovery has passed, now only small discoveries lie ahead and the big ones will be far between. We are better. We are bigger. Most of all, discipline now pays off in even bigger dividends.

The true reason it is so alluring to relive the experience of being young is because when we were young everything in our personal world was going in an acceptable direction. Even if our life sucked as a child. Even those of us who were abused, mistreated, or brought up in poverty; our lives were going in an acceptable direction as far as our soul was concerned. Everything that was happening back then was not our fault- We were kids. There was no accountability for our actions besides a swat on the ass, disappointment, or grounding. Maybe even a little jail time as teens was not enough to make us accountable for our actions. We were young, still learning, still innocent. When do we become accountable?

The answer is now. We are always going to be someone's little boy or girl, but that doesn't mean we never have to be an adult. Growing up is scary but pretending that we will never have to be accountable for our actions is not the answer. When you're addicted to something, anything, you're disguising your fear of looking forward and being part of that experience indefinitely. We are acting out the child's tantrum in pantomime.

"I don't wanna! I don't wanna! No!"

Kicking and screaming we've been having the world drag us into adulthood; The trap we never wanted to fall victim to. You see, we love the feeling of unaccountability because our soul remains so clean, which lets our minds believe that we're headed straight through the pearly gates in the end (or wherever pleasant place you believe the good natured go to). When we're finally being passed the baton, when it comes to the ownership and responsibility of where our soul is headed, some of us find a new high gear to step up our pace, right at the last moment. We attempt to outrun our teammate for a while longer and will even hit the nitro if they get too close. But were just exhausting our team, and when we finally decide to take the baton, we're gonna have to dig much deeper to make it the last few steps ourselves since we already overdid it.

It is time to take the baton.

Don't be afraid, don't be hasty, and don't do anything drastic. All those things are gonna happen, or have happened, when we decide to do it. They will happen on their own. Taking responsibility for our souls direction is one the most rewarding things you can ever do. It is, in fact, why adults like being adults. You did know that some adults actually enjoy being grown-up didn't you? Well, it's true. Just because we may have grown up in a family who was sarcastic, underpaid, overworked, and overstressed doesn't mean that other adults out there don't love living their lives. We once may have even wanted to become one. Successful people, well, the happy ones anyhow, have one thing in common, they know what we knew as kids; that everything is going in an acceptable direction. The only difference is, adults are responsible, accountable, and proud of it. Your soul is yours. Own it.