

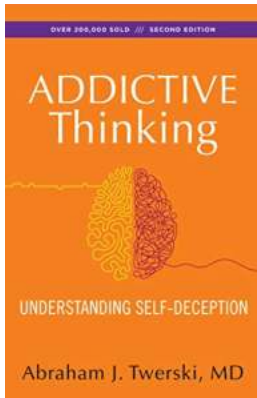
# Addictive Thinking: Understanding Self Deception - Abraham Twerski



Are you curious about the intricate workings of the human mind, particularly when it comes to addictive thinking and self-deception? Do you ever find yourself wondering why we often fall victim to destructive behaviors, despite our better judgment? If so, you're in for a treat! In this article, we will explore the fascinating insights of renowned psychiatrist and expert, Abraham Twerski, on addictive thinking and how it shapes our lives.

## **Understanding Addictive Thinking**

Have you ever observed someone engaged in self-destructive behavior and wondered why they continue despite the harmful consequences? According to Twerski, addictive thinking lies at the heart of such behavior. Addictive thinking is a cognitive pattern driven by a powerful desire for pleasure or relief from discomfort, often leading to indulgence in addictive substances or behaviors.



## Addictive Thinking: Understanding Self-Deception

by Abraham J Twerski (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 873 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 144 pages



Twerski explains that addictive thinking can be fueled by numerous factors, such as genetic predispositions, environmental influences, and underlying emotional issues. It offers an individual temporary relief or pleasure, creating a false sense of satisfaction. However, over time, this pattern becomes deeply ingrained, leading to a progressive loss of control.

### The Role of Self-Deception

Self-deception, a key component of addictive thinking, allows individuals to downplay the severity of their actions or find excuses for their behavior. It involves twisting reality to fit their desired narrative, thereby shielding themselves from acknowledging the full consequences of their addictive patterns.

Twerski notes that self-deception primarily operates through defense mechanisms such as denial, rationalization, and minimization. Denial allows addicts to convince themselves that they do not have a problem, while rationalization helps them justify their actions. Minimization helps diminish the significance of negative outcomes, making it easier for individuals to continue engaging in their addictive behaviors.

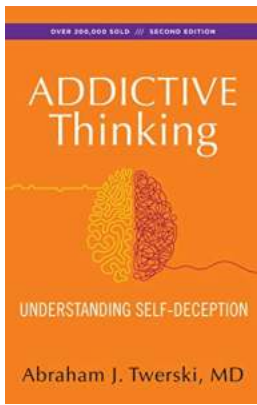
## **Breaking Free from Addictive Thinking**

Twerski emphasizes that recognizing addictive thinking and self-deception is crucial for individuals aiming to break free from destructive patterns. This recognition requires a willingness to face uncomfortable truths, confront defense mechanisms, and seek professional help when necessary.

Additionally, developing healthier coping mechanisms and support networks are vital steps towards recovery. Techniques such as cognitive-behavioral therapy, addiction counseling, and peer support groups can provide invaluable assistance in understanding the root causes of addictive thinking and developing healthier perspectives.

Abraham Twerski's insights on addictive thinking and self-deception shed light on the complex nature of human behavior. By understanding the mechanisms that drive addictive thinking, we can gain clarity into why individuals continue detrimental patterns despite the negative outcomes.

Recognizing addictive thinking and addressing self-deception are the first steps towards breaking free from destructive behaviors. With the appropriate support and professional guidance, it is possible to overcome addictive thinking and lead a healthier, fulfilling life.



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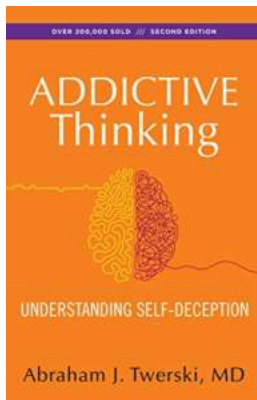


The unpredictability and anxiety associated with the coronavirus pandemic can cloud and confuse everybody's thinking. Excuses, self-deception and addictive logic can harm your recovery and relationships. Don't let it.

In addiction, a person with a substance use disorder undergoes a negative change in thinking and behavioral patterns. A person's character is overthrown by addictive thinking: displacement, projection, shame, and hypersensitivity are addiction's survival mechanisms. With Addictive Thinking, both addicts and loved ones familiarize themselves with these addictive signatures and more, and begin the fight for recovery.

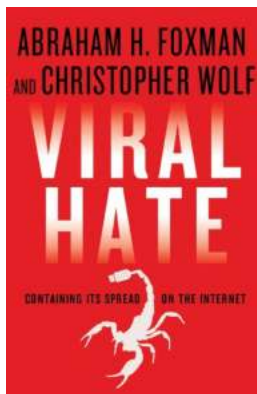
With more than 200,000 copies of Addictive Thinking sold worldwide, the eminent Abraham Twerski, M.D., outlines the destructive and terrifying illogic that marries a person with a substance use disorder to his addiction. "Stinking thinking" and irrational thought are byproducts of addiction and they only worsen with time. Twerski, with a deep psychological understanding, steps in to explain and contextualize all of the actions that arise from addictive thinking.

It might be easier to point at abnormal behavior from an addict and simply think, “there she goes again.” But there is reason and consistency underneath the pandemonium. If nothing is learned, if nothing is done, an addict’s rock bottom will continue to sink. By educating oneself about the addictive illogic and its reasoning, one will understand why the person behaves as she does and how everyone in her life becomes controlled by addiction. Then control can be taken back.



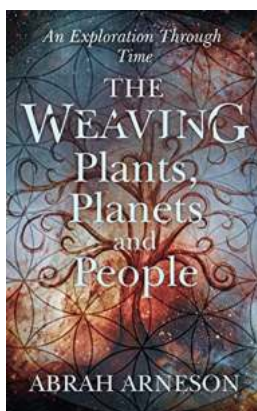
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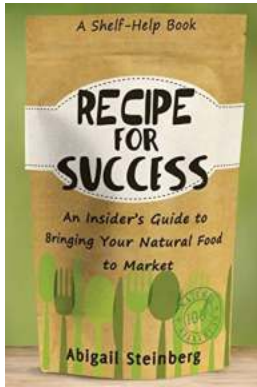
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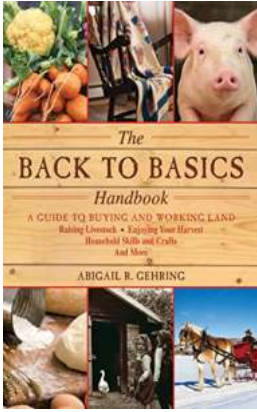
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