

Deconstructing Morality

A pattern of thoughts, attitudes, feelings, and actions taken and practiced by a person privately (but often witnessed by loved ones/outside) that work together to break down that person's inner moral fabric (inner moral framework) of judgments, beliefs, rights/wrongs, do's/don'ts, values, standards, and mature disciplines in order to "free-up" so-to-speak that person from any stops/barriers to addictive or compulsive acting-out. This pattern becomes ritualistic and observable.

"Goal" = any compulsive/ritualistic behavior, possibilities include:

- Bingeing/starving/vomiting/checking food/checking weight/ weight reducing-increasing behaviors/Exercising
- Cutting/picking/burning/risky behaviors-driving, dangerous places, dangerous people, /
- Abusing alcohol/illegal drugs/abusing prescription medications/abusing over-the-counter medications
- Sexual promiscuity/masturbation/affairs/fetishes/objectifying-lust/pornography/strip-clubs/paraphernalia shops-coin movies/prostitution/sexual fantasy books/phone sex/internet sex
- Shopping/spending/with-holding-greed/
- TV viewing/ movie viewing/ video games/social media/internet "researching"
- Gambling/internet gambling/app gambling/sports gambling/
- Sports/Sports viewing/Sports coaching-playing/exercising/weight lifting/body building
- Body altering/piercing/ tattooing/ plastic surgery/ removal surgeries
- Stealing
- Fire setting
- Hoarding
- Severe isolation
- Outbursts of anger/disruptive behavior

*This list is not exhaustive and is not meant to be exhaustive but to suggest some common and uncommon behaviors that may/can/often do become compulsive in nature.



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