

Moderation

Everything is okay in moderation; we just forgot the definition of the word.

There is not a single thing in life that is okay to abuse. Abuse of love? Love bombing, or just emotionally overwhelming. Abuse of caffeine? Jitters and lack of ability to focus. Abuse of drugs? Overdose and die or end up hospitalized. Abuse working out? Rhabdomyolysis.

But everything is okay as long as you maintain control of your own actions. This includes conversations with people. You have every right to approach any person and speak whatever is on your mind, but self-control makes you assess the situation and your environment.

This is why addictive substances are so destructive. They are chemically overwhelming you, and it is not a fair fight. It takes an IMMENSE amount of will power and self determination to say, "I have had enough" or "that is too much." But if you have control from the start, and maintain moderation the entire time, then the addictive substance will not be able to consume you.

A weak person allows their will power to falter. A weak person says, "I cannot put down this substance." A weak person says, "this is my right, to use and abuse."

It is like going to the gym and doing the same routine, sets, and reps every single time. Never changing will always produce the same results. If you want to get stronger, faster, or more endurance, then you must make your body and mind temporarily uncomfortable.

We hate feeling uncomfortable. We love chugging cup after cup of coffee to stimulate our work persistence. We hate feeling let down, and that hit of weed, shot of whiskey, and/or that extra serving is the easy way to make it all go away.

Moderation says, take that hit or shot, but that's it. You can briefly numb yourself, but we have work to do, and you can't work if something else is in control.

Completely eradicating a behavior, habit, or substance is fine, but I would ask, where did your self-control go? If you get your heart broken, do you completely give up on love? No, you let the pain subside until you're ready to approach dating again (hopefully). But, this time you have guards, "boundaries," and resistance to certain traits. You have new limits.

I think many addicts refuse to stop using and abusing because they do not want to lose that feeling. In our current society, we say that you must put down the addiction for good, fearing relapse. Which, I understand, but that should say something about your own will power if you can't do something in moderation. What else in life are you also going to have to completely stop because you can't control yourself? Moderation is essential!

Take a break, regain control of yourself, but never give up on the things you enjoy, unless you're physically impacting another. Even then, self-control should have told you to stop before you started, but you refused to listen. You are weak, but you have intrinsic strength, go find it!