This is an article dedicated to those who are struggling with addiction, depression, and self improvement written by a man who struggled with these vices and overcame them

There will be sources, and studies linked at the bottom of this article designed to help you conquer your addiction.

MINDSET

It only takes a change in mindset.

Do not think of this as a battle or struggle, think of yourself as a victor or conqueror of this vice.

You can either give in to your temptations or starve yourself from temptation, there is no in between this. You are either a victor or loser.

Whenever you receive an urge you must adopt a "so what" or "who cares " attitude towards these vices as a response.

 Why do you see value in these things?

There are stories of several saints who have had encounters with The Satan, and their response was to ignore him and continue their life as if nothing had happened.

Saint Ignatius of Loyola is one of these many saints, and his response to The Satan appearing in his bedroom was to go back to sleep.

Our Lord was tempted by The Satan for forty days in the wilderness, and his response was to ignore him unlike his predecessor Adam who gave into his vice in the Garden of Eden.

WILLPOWER METHOD

Willpower will not work either on conquering these addictions.

Who will relapse more into drugs:

●A kid with no willpower who was never addicted.

 or,

●A crack addict who has great reserves of willpower.

The crack addict will, because he still sees value in using crack, and the kid with no willpower will not relapse into crack, because he realizes drug usage is a poison, it has no value to him.

Willpower is a muscle, and like every muscle, willpower will eventually tire out, and need time to recover from strain.

Your addiction exists because you see novelty in usage. You see novelty in consuming more of this vice.

 A masturbator will start off with vanilla content, but over time he will become tired of it, and consume stranger material such as: BDSM, Beastiality/Zoo, Homosexual, Transgender.

An alcoholic will go from a few bottles of beer to binge drinking

A smoker will go from smoking a cigarette to doing marijuana, and crack.

These addictions and habits will warp you into a person you never imagined yourself to be.

When we were children we did not imagine ourselves growing up to become addicts,crackheads,porn users, etc. This should not change as adults, we should not imagine ourselves turning into addicts.

So we will do the inverse of this to break out our addictions, we will change our source of novelty.

Instead of consuming these drugs we will consume habits that are positive for us, such as : Art, Music, Hiking, Fitness, Prayer, etc.

This will be our new source of novelty and reward, the source of happiness will be advancing in our skills, and no longer being ashamed of ourselves.

You can think of this as carving our ideal person out of stone.

COMMUNITIES AND FRIENDS

 I'd say to abstain from addiction communities such as the NoFap community and streak counting as well.

The only exception to this is if you just started and want advice from people or to share your achievement.

Imagine if you were an alcoholic and you were around people who constantly talked about consuming alcohol, would that help you to stop relapsing?

No, it would make you think more about relapsing, think more about drugs, and the like.

Or with therapy, where you spend countless hours talking about why your life and existence is miserable, then you wonder why you are miserable.

You must avoid people who are occasions for you to relapse or to sin. This means you must cut out friends who make inappropriate jokes, media that causes you to relapse such as Instagram, and uninstall games that cause you to relapse out of anger or frustration.

-Sirach 11:35-36 DRA

 <35> Take heed to thyself of a mischievous man, for he worketh evils: lest he bring upon thee reproach for ever. <36> Receive a stranger in, and he shall overthrow thee with a whirlwind, and shall turn thee out of thy own.

-Matthew 5:30 DRA

<30> And if thy right hand scandalize thee, cut it off, and cast it from thee: for it is expedient for thee that one of thy members should perish, rather than that thy whole body be cast into hell.

Ultimately, you must realize that you are the only one in control of your body and thoughts.

These addictions are only real because you let them be real.

SOLUTION

So what I would suggest for conquering depression, addiction, and it's kin is to:

-Go out and acquire achievements.

This is very relevant if you are a man as well.

If you ever noticed with these ancient societies like Rome, or the Hellens they were busy conquering, exploring, trading, training or forming alliances, they were always occupied with doing something in their life.

Idle hands are the playground for the devil.

And we see it manifest in societies, artwork, family, and stories like Adam and Eve.

When Rome was strong, they had Masculine statues, and masculine leaders. When Rome was weak they had feminine statues, and leaders such as Emperor Nero, Emperor Caligula, and Emperor Elagabalus.

There are also many studies, and observations done on animals masturbating only when they are in captivity.

So if you masturbate,watch porn, drink, smoke a lot what does that say about you given the fact animals only do this in captivity?

It means you are a slave to your passions.

Do not lie to yourself with phrases such as: "I can quit my addiction at anytime I please"

Then go three weeks without it.

"It's just a habit and a hobby"

People do not hide habits and hobbies they are proud of from others.

"it releases stress"

Why are you stressed even more after doing it?

You are a slave to your own passions and desires, and the same can apply to mental illnesses.

COMMENTARY ON DEPRESSION

These mental ailments are absolutely not real, they only exist because people allow them to be real.

It's not coincidental that the most successful, and the most powerful, societies in the world are the same countries with the highest rates of depression, highest rates of addiction.

It's because mental illness and addictions are a cog in the wheel, it powers the generator. When people are unhappy it motivates them to change.

Success and positive change is like starting a flame.

When a change happens it has to start at the bottom. The spark takes place at the top, but the flame is at the bottom

In any revolution, there is a spark at the top, this can be the elite engaging in behavior that is unfavorable.

 the peasants are the first to change and react, then eventually the whole society ignites.

So the method to conquer mental illness or addiction is simple.

1. Observe your situation, and realize how terrible it actually is. Look at your bedroom, house, food, health, just lifestyle in general see how it is poor.
2. Get angered that your life is so miserable.
3. Convert your anger into motivation, convert it into energy in order to better yourself, turn your life around, and acquire your dreams.

It is between step 2 and step 3 that most addicts or depressed will take an alternate route, they will become saddened at their lifestyle, and their step three will be suicide.

What are some new hobbies you could funnel your anger and sadness into?

Lifting

Hiking/Fishing/Bushcraft

Drawing

Music Theory

Acquire a wife, if man, and acquire a husband, if woman.

MOTIVATION

Now, how do we stay motivated on our hobbies or work?

When we work you will time yourself for 25 minutes. After these 25 minutes pass you will have a break for 5 minutes, this will be one cycle of work.

Complete four cycles for a break between 30 minutes to an hour.

Imagine how much closer you would be to your ideal self if you just spent an hour a day working to that prize.

-Zpgafdoom

RESOURCES:

<https://easypeasymethod.org>

<https://docs.google.com/document/d/1ANI59eVOTPILpMO68LuPeJeYfto0-vj6IuU1zunFAGY/edit?usp=sharing>

<https://m.youtube.com/watch?v=SW2Unh-miZk&t=4s>

<https://docs.google.com/document/d/1mYOXLBjH-L5PhQRYmW8uLFT8bVQaY0A37_mB8Z_6aOA/edit>