


4 Ways to Be Happy During Addiction

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Published in 1998, 'The Art of Happiness' by the Dalai Lama, defines happiness as a state of mind, which can be achieved through, repeated conscious efforts. As such, ***being happy during addiction is a mental battle that can be won by channeling more energy to positive thinking and positive habits.***

Pursuing Happiness During Addiction

Why We May Be Unhappy During Addiction

Negative thoughts are the main culprits of unhappiness during addiction. In some instances, these thoughts may be fueled by external factors such as societal discrimination or internal factors such as self-pity. ***In the long run, negative thoughts puncture our esteem and happiness.*** The good news is that it *is* possible to be happy during addiction. Here are some five ways we can achieve this endeavor;

1. Focus on Your Strengths and Never Your Weaknesses

Despite the addiction glitch, our strengths are deeply embedded in us and can be unleashed at will. To start with, conduct a "moral inventory" of yourself to determine your strengths. These strengths could be ***your capacity to love more, sense of humor, and creativity.*** As often as possible, practice these strengths in your daily routine and make them the foundation of your recovery.

2. Surround Yourself with Positivity

For you to achieve happiness, you have to change what you do, your thoughts, what you associated with and your old company. It is never easy to change these aspects of your life, and it calls for consistency and commitment. For starters, you can join a support group to help you foster positive thoughts. The bottom line is ***creating a new circle of friends, friends who believe in you and the results you want to achieve***. It is normal to feel sad sometimes amidst these, but with consistency, it is possible to turn over a new leaf.

3. Find a New Hobby

Replacing addiction with a new ***positive habit or hobby helps to keep us occupied and away from the drugs***. However, it also starts with the mind, by believing that it *is* possible to have fun devoid of drugs. You can start by adopting simple habits such as taking an evening or morning walk. Later, you can enroll in a sports club, or volunteering to keep your mind occupied.

4. Be Mindful of the Moment

Focusing on how you feel ***at a particular moment*** rather than how you feel generally can help you achieve some self-awareness. ***Self-awareness enables you to control your feelings and emotions***. You can start by pausing every few hours and taking a few deep breaths and focusing on how your body feels at that moment. Do not shy away from the pain, rather try to address its cause and find someone who you can talk to. By taking on life in moments, we can channel positive energy in our deeds and thoughts hence achieving happiness.

Addiction Treatment Center in Utah You Can Count On at Pathways Real Life Recovery

Pathways Life Recovery in Utah seeks to help people with addictions of all kind to achieve a more positive life. Our services are centered therapy and breaking the cycle of guilt associated with addiction. We also have flexible financing options available for our clients. Contact us today at **801.509.9003** and speak to one of our team members about a solution for you.