

EMOTIONAL ADDICTION



THE
WARRIORS PATH

HORMONES AND EMOTIONS

- Stress hormones (fight or flight) – adrenalin and cortisol
- Feel good hormones—serotonin, endorphins and dopamine
- Sex hormones—oxytocin, testosterone and estrogen

E-motion is essentially energy in motion. We become aware of this energy when it is active, and we can feel its effects. The experience of emotions is closely linked to the movement of hormones and chemicals in our bloodstream, creating physical sensations. Feelings are triggered when any of our five senses are stimulated, prompting endocrine glands in the body to release hormones that prepare us for action.

Attachment and Emotional Regulation

The way you comprehend and manage your emotions is shaped by your early interactions with attachment figures during childhood. When the attachment system is disrupted, it hinders the growth of emotional intelligence. This disrupted development leads to a life where emotions and avoidance trigger impulsive actions, making it challenging to regulate your emotions. The urge to avoid emotional distress stems from a subconscious belief of lacking internal resources.



EMOTIONAL BIAS

A distortion in cognition and decision making due to emotional factors.

- Emotional biases are similar to cognitive biases and can be seen as a type of cognitive bias. The key difference is that emotional biases are driven by one's desires or fears, which can distract from logical thinking.
- emotional experiences. (Just because it *feels bad* doesn't mean it's bad for you. Just because it *feels good* doesn't mean it's good for you).
- A separation from self (mind and body split) arises. Dissociation from your
- Neuroscience experiments have revealed that emotions and cognition, located in different regions of the brain, often interfere with each other during decision-making. This interference frequently results in emotions taking precedence over logical reasoning

Emotional Bias

- This detached identity is driven by an aversion to anything and everything that the brain assumes is a threat.
- Overall tolerance to stress decreases and hedonistic behaviors perpetuate a self-destructive lifestyle (pleasure seeking).
- Emotional pain and physical pain are cues that notify you to bring awareness to the source in the present moment in order to provide attention, care and treatment.
- Permission to feel leads to resolving emotional problems. Resistance of feelings leads to more emotional pain.

EMOTIONAL ADDICTION

- Avoiding and denying emotional pain can create a cycle of anxiety, stress, and even more emotional pain.
- Consequently, the body (or unconscious mind) becomes accustomed to these emotions, finding them familiar and comfortable. The emotional pain from childhood is then repeatedly experienced as the person seeks out external validation to reinforce their attachment to what feels “normal” or “safe.”
- As a survival organ, the brain tends to recreate familiar dynamics that you have previously endured. This recognition of the familiar can be mistaken for attraction, leading to a desire to return to dysfunctional relationships or behaviors, thereby perpetuating the cycle of emotional addiction



Here are some common examples of emotional biases:

- **Affect Heuristic:** Making decisions based on emotions rather than objective evidence. For example, choosing a product because it makes you feel good, even if it's not the best option.
- **Mood-Congruent Bias:** Recalling information that matches your current mood. If you're happy, you might remember positive events more easily.
- **Framing Effect:** Being influenced by how information is presented. For instance, you might react differently to "90% fat-free" versus "10% fat" even though they mean the same thing.
- **Loss Aversion:** Preferring to avoid losses rather than acquiring equivalent gains. This can lead to overly cautious decisions.
- **Overconfidence:** Having excessive confidence in your own abilities or judgments, which can lead to risky decisions.
- **Endowment Effect:** Overvaluing something simply because you own it. For example, you might think your car is worth more than it actually is because it's yours.
- **Status Quo Bias:** Preferring things to stay the same rather than change, even if change might be beneficial.
- **Self-Serving Bias:** Attributing successes to your own actions and failures to external factors



SIGNS OF EMOTIONAL ADDICTION

- Chronic reliving of the past
- Seeking situations or media that creates a stress response
- Seeking relationships that trigger fear, lack of safety or abandonment
- Feeling bored in moments of peace
- Dropping everything for constant crisis



LIMBIC LAG

Limbic-Lag: is a time lag between what your limbic system (survival brain)*believes* and what your prefrontal cortex (thinking brain) has learned.

- This process is what the brain undergoes once awareness and knowledge are uncovered. All that is missing at this stage are the new experiences which will rewire the brain. These new behaviors and experiences will eventually recondition the survival brain overtime.



OVERCOMING YOUR EMOTIONAL ADDICTION

- The impact of re-traumatization and emotional addiction leads to resistance against what makes us feel unsafe and vulnerable, such as healing and connection.
- Overcoming emotional addiction involves healing the trauma, which is characterized by the intensity, duration, and frequency of negative emotions.
- Healing occurs when you allow yourself to experience different emotions
- Rewiring happens when the limbic system (emotional part of the brain) learns to cooperate.
- With the involvement of the prefrontal cortex (the thinking part of the brain), new neural pathways can be created and strengthened through repetition. This process can change your perception of the external world, reducing fear. Healing involves shortening the refractory period of your emotional reactions. Instead of reacting and sustaining negative emotions or resorting to old survival behaviors (like escaping), you learn to stay present with your discomfort and seek real solutions to emotional problems.

