

Article 266: You Are A Language-Drug Addict –part 1

The way you communicate doesn't determine how you live, communication **is** the way you live ...for you are and you always live your communication, and to criticize your language of communication is to criticize the basis of you ...which you will defend without reserve. As language reflects and creates your problems, illbeing, and maladjustments in body and life, as you defend, rationalize, and nurture your language and communication, you cherish, justify, and maintain your problems, illnesses, and unhappiness, ...does it seem wise to continue in these ways? It's as if you are addicted to the abusive aspects of your language, ...however, if you consider your language as a bad, ill-conceived, addictive habit not worth continuing, maybe then you will decide to change your life and ways, ...therefore, since you are oblivious to your present dichotomylanguage, maybe by understanding alcohol and other addictions, we can expand that knowledge to get you to more-fully understand your language addiction ...and the self and life you are living ...and struggling with.

In 1952, the emotional and behavioral symptoms of "alcohol addiction" were being revealed, which made sense of the outpicturings•impicturings addicts were experiencing and exhibiting, ...however, even with this information, it has taken nearly fifty years to learn a little of the internal reactions and processes of addiction.

Mechanically, everything referred to as "human behavior" is your nervous system's reaction to inner•outer stimuli. More-particularly, ever-vigilant nerve cells, sensing a change, send e-mail~electrochemical-mail~messages to your brain ...which are opened and read immediately. Your brain knows immediately that stimuli is occurring, Then your brain, following the pattern of your thinking, analyzes these messages and sends orders back to your nerve cells, glands, muscles, organs instructing them how to react ...and also asks for additional information. These chemical messages are carried by neurotransmitters, ...however, alcohol and other drugs disrupt the movement of your neurotransmitter messages such that your brain, nerve cells, and body parts and functions are confused by mixed messages, a lack of understandable instructions, or by too many or too few orders. In other words, these drugs garble the otherwise coherent activities in your brain ...and reasonable instructions to every part of your body, ...actually, your mindful body is completely confused ...and frequently incoherent.

At the simplest level, these messages from nerve cells, your brain's analysis, and the return instructions to muscles, glands, organs, and other

cells are merely chemical•electrical-actions•reactions, ...however, within a thinking brain that has developed a language and memory from previous actions and reactions, this process changes dramatically ...in that your nerve cells, responding to a sensation, send messages to your “thinking brain” which compares and relates these “urgent messages” from effected nerve cells with input from eye, ear, smell, touch, taste memory cells to determine an appropriate response ...or even to withhold or limit its response. At the simplest level, the nerve-cells•brain can only react•act, ...however, with a language and memory, a thinking brain can expand these limited actions to “thoughtful responses”, unless, of course, alcohol or other drugs interfere with these neurochemical messages, information, and responses, for then a thinking brain has an additional set of chemicals to deal with: *its own chemical emotions* which result at the analysis stage.

Remember, the initial stimuli can come from within ...or from outside, in either case, the nerve cells react and send chemical messages regardless of the stimuli’s source, ...actually, all of this process is internal, such that all outer stimuli are immediately converted to inner-sensations of, say, comfort or discomfort and responded to accordingly ...unless additional messages, which your thinking brain can now give awareful thought to, alter the memory•analysis-understanding of these incoming messages.

The chemical-electrical process of minding•reminding (memory), also known as thinking, is very subtly influenced by a constant flow of electrochemical reactions to languaged-messages conveyed to your brain or responses to the sensing-messages you language within your brain. In either situation, these emotional chemicals, tend to disrupt or control this flow of messages, ...in fact, these emotional chemicals are so similar in structure to neurotransmitters that they easily bind to receptors, which leaves gaps of information in the message because the original neurotransmitter has no place to bind, such that neurons in your brain which should have been excited into firing do not do so, ...or this emotional chemical binding creates false messages ...or conflicting information which are sent by exciting an inappropriate series of neurons.

The neurotransmitter, dopamine, released through satisfying habits such as eating and drinking ...and the activities of sex, creates such a feeling of satisfaction and wellbeing that it reinforces the continuation of these actions. In much the same way, emotional chemicals resulting from languaged-stimuli, whether of thought or real, stimulate the release of dopamine which reinforces your judgments and sense of wellbeing ...and

of security. In other words, your language creates the same addictive habits and responses in your mindful body as those created through sex, alcohol, and drugs.

You came into this world with a few immature reflexes and prior conditions, some desirable ...some not so desirable, ...all additional qualities or expansion of your knowings and awarenesses result from the application of these personal attributes and experiencing reflexive consequences, ...and here is the problem: reflexive consequences are involuntary responses to a stimulus, and since your thought or voiced application of yourself is the stimulus, reflexive consequences are *your responses to yourself*, they are not self-judgments, justifications, judgments of consequences, or judgments of any kind. Unfortunately, your language of consequences is only structured on judgments, thus...

You are addicted to your language.