

Lies Your Addiction Is Telling You

1. "I'm Not Enough"

This lie often forms through painful experiences of rejection or repeated failure. It makes you doubt your worth and erodes your confidence. That feeling is what leads people to reach for alcohol. Alcohol can numb the feeling that you'll never measure up and distract you from mounting pressure.



2. "I Can't Cope Without Drinking"

Life is hard. Day after day, we experience stress, grief, anger, and even boredom. It can be overwhelming to manage the emotions we experience. At some point, however, your addiction convinced you that you need alcohol to self-soothe. But the lie that you can't live without drinking will hurt you far worse than any anxiety ever will.



3. "This Is Just Who I Am"

Humans like to self-identify and categorize themselves. In high school, there are the "popular kids," "class clowns," and "band kids." When you deal with an addiction for a long time, it's easy to accept your identity as an addict. When you think about recovery, it feels impossible to break free from that title.



4. "I've Already Gone Too Far"

Regret is one of addiction's fiercest weapons. After you relapse, you think: "What's the point in trying again? I've already ruined everything." That belief prevents you from leaving your addiction behind. No mistake is too far. Every day is a new day. Take a breath, choose to make a change, and start again.



5. "No One Understands Me"

Your addiction may tell you that your story is too dark and your failures too intense. Shame builds as you hide your addiction. You falsely assume that no one else could relate to your situation. Addiction thrives in isolation. When it tells you that you're better off alone, don't listen. As you open up about your addiction, you find out you aren't alone.

