



Positive Addiction

The author of 'Reality Therapy' and 'Take Effective Control of Your Life' tells you how to gain strength and self-esteem through positive behavior

by William Glasser, M.D.

Harper Perennial © 1985
159 pages

The Big Ideas

Strength and Weakness

The Psychology.

A Positive Addict

What is that?

Finding Happiness

One, two, three, go!

Giving Up

1st choice of the weak.

Symptoms Categories

2nd choice of the weak.

Negative Addiction

3rd choice of the weak.

Depression Is a Choice

(So are headaches. :)

Strength

The Psychology.

A Positive Addiction

Six criteria.

The Benefits

Of a positive addiction.

We Need

All the strength we can get.

“...the thesis of this book is that many people, weak and strong, can help themselves to be stronger, and an important new path to strength may be positive addiction. If more of us gain strength maybe we will make a better world; there is little chance we will do so if too many of us are weak.” ~ William Glasser, M.D. from *Positive Addiction*

“Positive” Addiction?!? What’s that?!?

Well, imagine a negative addiction (drugs, alcohol, gambling, etc.) and take that “addictive” behavior and apply it to positive stuff like running (the “*hardest but surest way to positive addiction*”), yoga, and meditation (the “*most popular way*”) and voilà! You have a Positive Addiction. You also have the difference between a weak and a strong person. A depressed and a happy person.

In his brilliant, direct style, psychiatrist and author William Glasser outlines the process we can follow to create positive addictions in our lives. Really cool stuff. The book is a quick-reading 159 pages and I *highly* recommend you check it out.

I was truly blown away by Glasser’s description of negative addictions and, as I looked at what Ideas I wanted to pursue in this Note, I kept on coming back to the importance of highlighting his approach to NEGATIVE addictions.

... So, we’re gonna spend most of our time here on the negative side of addictions. :)

I trust you’ll dig the exploration of Glasser’s bold/direct/penetrating Ideas about the consequences of weakness and how we can build the strength necessary to flow with life’s challenges! We’ll start with:

■ The Psychology of Strength & Weakness

“Very few of us realize how much we choose the misery in our lives. Even when we do, we still go ahead with the disastrous choice because we are convinced that we don’t have the strength to choose better... I will first describe in detail how weakness is the cause of almost all the unfortunate choices we make. Then I will argue that anyone who wishes to become stronger seriously consider trying to become an addict.”

Glasser’s an intense guy. Although he’s sensitive to the fact that we all face challenges and that none of us are immune to moments of weakness, he remains steadfast in his commitment to our power to CHOOSE the stronger response and thereby create more of all the good things we want in our lives.