

*Ushering Changes in
Habits*



Freedom from
ADDICTION

GRATEFUL ANMOL

Dedication

I hereby

Thank the Universe

For imparting me with wisdom

& do hereby wish

that this book helps the one reading it.

My Story of freedom from social media/Mobile Addiction

I **WAS** a person who

- Would check the mobile first thing after waking up.
- Couldn't stay away from mobile for long.
- Would spend countless hours scrolling on social media.
- cared about the likes & comments on posts.
- you would find with mobile even while eating whether indoors or outdoors. Alone or with friends.

Mobile had in a way become a necessity for me.

But was it? No

I was addicted to it.

I did know all the way that using it so much wasn't good but did it stop me?

NO

Then how did I got freedom from the addiction of mobile phone & social media?

You will have to read ahead to find out how I got freedom from my addiction of social media as well as the procedure you can use to get free from your addictions.

Why this book isn't at least 100 pages long?

- Well, the reason is I value your time as well as mine.
- I could have easily increased the number of pages but haven't done so because I wanted to keep it concise & to the point.
- This is so that you don't get lost in irrelevant details & can focus on the main part & Act.

Affirmation

(Read this in your mind before moving ahead)

May this book help me.

I will give my complete attention to it.

I will understand the book not just collect information.

I will work on me, for me.

I hereby surrender to the Universe to help me, improve me, evolve me, grow me via this book

Reading Guide

- This book isn't about just intellectual pleasing, it's something which could change your life forever
- It should be read in a quiet place, free from distractions.
- This book depicts the procedure, it is not a pill that reading it will free you, you will have to implement it.
- You should begin reading it only with a **calm mind** & in a **quiet atmosphere**.
- Read to **understand it**, not to just **know it**.
- After you understand the complete book only then begin implementing it not before.

Why be free from Addiction

Well addiction

- Robs you of your peace & happiness
- It provides temporary gratification but in long-term is harmful.
- Takes your control away from you.
- Makes you vulnerable to manipulation, If the other person can fulfil it.
- Affects health
- Affects not just you but those surrounding you.

You might be aware of some of the above points & must have tried to be free from addiction but weren't successful in the past. Well, the reason might be you were trying to cut leaves & branches. This book deals with cutting the roots. The method is something which worked for me.

Before learning how to be free from addiction, we will have to first understand what is an addiction. Aye, it is not just what you might think it is.

Continue reading to understand...

What is Addiction

A person is addicted to many different things throughout his lifetime.

Some he is aware of, some he isn't

Addiction is something which is

- Done again & again repeatedly.
- The doer doesn't have any control over it
- That is the activity controls the doer
- It can be bad as well as good

What? Addiction can be **good**. I always thought it was bad?

Aye, some addiction is good to a certain extent.

Some people are addicted to bathing. ie- they need to bathe multiple times a day. It is good as in it keeps them hygienic.

This book will also help these people to be free from being under the control of the activity. To stop or not it's up to you.

As for **bad** addiction, there are numerous examples which you are aware of. Anything which harms you or others can be considered as bad addiction.

E.g.- The itch to please others. A person goes to great extent to do so, many times sacrifices his happiness just to gain the approval of others. In the end, he may be able to please others but by that time he has already overlooked his needs & there might be consequences. Whether this is good or bad you decide for yourself.

Aye, this book can also help you to be free from bad addictions like smoking, drinking etc. if you intend to be free.

But

Are you addicted to the **activity or the feeling/sensation** you derive upon performing it?

(Think about it & then proceed. It is important to do so before proceeding ahead)

E.g. –

- Are you addicted to social media or the temporary happiness you get when someone validates you?
- Are gamblers addicted to gambling or the feeling of victory?

I'm sure if you have thought about it deeply, you will conclude that it is the **Sensation/Feeling** & not the activity that one is addicted to.

It is for this reason that you might not have been successful in past to be free from addiction as you tried to stop the activity whereas it was the feeling /sensation you derived from it that was the real cause of it. i.e. you were trying to cut down leaves/branches as opposed to working on roots.

The Great Perspective Tool

This tool will be a great asset in the quest for freedom from addiction, not just that it also helps a lot in other aspects of life.

It is recommended that you work on it for a reasonable time first before proceeding with implementing the process.

Why is the tool required?

Well, it plays a crucial role in helping the brain to logically understand the effects of addiction as well as it creates the real need to be free from it.

Why is there a need to logically understand even after I know about it? Read ahead to find out.

What is it?

The tool involves simply to change your perspective from being in the maze to **LOOKING AT IT FROM ABOVE.**

Need more clarity?

Have you ever entered a maze?

If you might have, you must have noticed that while inside the maze there are many confusions as to where to go and where not to go. Sometimes you even end at the same point repeatedly.

Now imagine what if you could view the maze from above would it help you escape the maze easily?

Well, life is just like a maze, many people are lost in it, some even die in it, very few escape it. However, if you get an aerial view of the maze it becomes easier to escape the confusions etc and have more clarity.



How to develop this tool?

It's very easy if you have the will & dedication for it and difficult if you don't.

Nothing is Easy or Hard,

*It's just about how much you wanna do it or
not*

- Get to a quiet place
- Let your mind calm down.
- Then observe your life with retrospective effect moving from now to past.
- While you do it you will automatically be observing yourself during the situations from above.
- Do this for some days
- Once you master it try doing this in the **present movement**

PS: It doesn't work for moving ahead in time as the future is full of possibilities and a combination of various unpredictable variables. If you still wanna try it's up to you.

How does this tool help me in being free from Addiction?

It helps you in understanding why the addiction is good/bad for you as opposed to the knowledge of it being considered generally harmful which you might be previously possessing.

It might reveal different reasons for different people as everybody is unique & goes through different situations, hence a personalized solution is required. Generalized knowledge that it is bad may not work.

(You will get more clarity on this when you read my story at the end of this e-book)

Understanding it now creates a real need for one to be free as well as acts as a source of *will- power* in the quest to be free from addiction.

Once you master this tool, then begin implementing the process

The Process

Let us now begin the process of freedom from addiction

By now you must have become aware of as to why the addiction is good/bad for you, if not then proceed to implement the process only after becoming aware of it.

Prerequisite for this process

- ✓ A quiet place, free from external disturbances
- ✓ A calm mind
- ✓ Your will

Analogy Used: I have used the following analogies to help you understand the process better –

- Car driving – symbolizing addiction being active
- Applying brakes – symbolizing slowing it down.
- Car stopping – symbolizing you being free from addiction

OBSERVE

Firstly, you have to find out what all goes on within you psychologically & emotionally while performing the activity.

You can use the great perspective tool for this via observing past times when you performed the activity or when you are performing it in present. Whatever works for you.

Don't hate the feeling

After you discover the feeling/sensation/s you are addicted to. There may be a tendency to develop a bias towards it, hate it. But don't do it as developing any bias towards it will only motivate you to work for it. You have to be neutral concerning your feeling about your feeling/sensations.

Apply Brakes

Now you have to apply the brake, try to stop the activity you are addicted to.

But don't apply it with full force as otherwise, the car might topple as it is running on great speed.

That is don't stop the activity all at once, slow it down, i.e. reduce its frequency and eventually when it becomes very slow to apply power break (At this time you will be able to separate your feeling from the activity)

How to apply brakes

Well had it been just the activity, the source of addiction then just the intent & action might have done the deed. But it is the feeling/sensation. So, we need to couple our above efforts with also working on the feeling/sensation derived from it simultaneously.

But how does one apply brakes on feelings?

Simple, by using another stronger feeling.

[Remember "Steel is cut by sharper steel (Lohe ko Loha hi Katt ta Hai)"]

This feeling can be anger, love, devotion etc.

While in the midst of any of the stronger feelings decide to apply a brake on the feeling.

Rest your brain will handle.

It will guide you if you need to take any action or not, most of the process will be done subconsciously (you will need to do it, to understand how it works.)

In some cases, it will put a complete break on it whereas in others it will slow it down.

However, it doesn't eradicate the possibility of the car increasing its speed in future i.e. the feelings of addictions from tightening its grip on you in the future. So, what is the solution?

You need to provide an alternative stimulus for the feeling/sensation if it arises again.

As if ever the craving for it arises in the future, it can find an outlet for it. This outlet/stimulus should be one which wouldn't be harmful to you as the current one is, else you might not be reading this book. How? Well once, you have understood the feeling you will automatically find the way most suitable for your situation.

The goal is never to stop a feeling,

it is to stop a feeling from controlling you.

REMARKS

- *If you are still & feelings of addiction cannot control you, eventually, they start fading.*
- *If ever the desire to perform the activity comes, observe it, don't fight it, sometimes even do it (unless it harms another person). If you counter it, you will be just adding fuel to it.*
- *Eventually, you will be free.*

This process may/may not be followed chronologically.

Understand it & use the order or everything at once whatever works for you.

How much time will it take to be completely free from addiction?

Well, this process is neither something which takes 1 day nor that which takes years.

How much time it will take depends on you & your will.

However, one thing is obvious just reading this book won't do the deal, you will have to work on it.

If you want to be free, you will make it happen,

Else you will find a reason.

(Read ahead to know how I used the above process to be free from my social media addiction.)

(Continued)

My Story of freedom from social media/Mobile Addiction.

When did I realize, I was addicted to social media?

Well, it all began in one of my self – introspection session. While observing myself in the present as well as in recent months I found out that I was spending a significant amount of time on my mobile. I even travelled a few years back in my past & found the same thing. This time spent didn't yield any output for me, it only benefited the companies. I found that I had even developed eyes & sleeping problems (Now both are solved). In short, I had sentenced myself to “CELL” phone.

The need to improve me & care for my body created a need in me to be free from this addiction. I tried to keep the cell phone away from me switched off but even it didn't help, rather I found myself craving

for it more and spent more time on it, the moment I got my hands back on it. I tried various methods available on the internet but none worked. Now there was only one option left I had to make way. So...

What I did

I did a deeper introspection & analysis. And what I found out was that it wasn't the social media or likes that I was addicted to, it was the feeling/sensation it resulted too I was addicted to. It was winning approval/validation of others I was addicted to. What was more surprising is that I was addicted to it even before the mobile came into my hands. This addiction had made me vulnerable & transferred my power over me to others. I was at the mercy of others. But I couldn't let that happen anymore. I needed my power back. I needed to improve.

The process of my freedom

I tried to do away with the feeling at first but couldn't. The bias towards it stopped me. So, then I removed the hatred towards it. (How? via the 1-hour challenge {Explained after my story}). I observed the feeling as it

is. I understood it. But why did it arise? Well, I realized that the reason was that I hadn't accepted myself completely yet as I am.

So, what was I doing is, I was dependent on others to accept me, even more on those who I have accepted unconditionally. It was this thing which had put me at the mercy of others.

We all seek acceptance of ourselves as we are from others,

Even more from those who we have accepted unconditionally.

I then began the process of accepting myself completely. All the perfections & the imperfections. The great perspective tool or mind travel, the 1-hour challenge aided me in accepting myself among others.

At the same time as I had begun accepting myself, I had also applied break on my social media usage. I had begun decreasing the time spent on it. How? Well by using my other feelings (stronger feelings -The one which I relate with the strongest). My "WHY" to be free from this addiction was the thing which kept me going. Without it, I might have given up in the process.

As & when I was accepting myself the roots of addiction weakened, the breaks eliminated the trunk, branches etc and the moment I accepted myself completely the addiction vanished.

The Result

Now I'm free from the prison of the cell phone. I, no longer feel the urge to carry it at all times.

- I can eat without it
- Go to bed as well as wake up without checking it etc.

Does it mean, that I don't use social media & cell phones?

NO, freedom from addiction means being not be controlled by the addiction. You may or may not stop the activity entirely.

People liking, commenting isn't just about you, It's about them & their need of you.

I do use social media now but only

- for updating my pages.
- That's it, no endless scrolling the feed

- The number of likes, comments no longer affect me.

*The thing is earlier cell phone was using me,
but now I am*

As for the acceptance from others

- Whether others accept me or reject me it doesn't affect me.
- As for those who I have accepted unconditionally
 - It doesn't bother me much
 - If they accept me it's well appreciated
 - If not, then also it's well appreciated because I'm aware everyone is fighting his/her own battles.

***People's life isn't about you & your life isn't
about people***

***Your life is about you & people's about
them.***

(You can still care & love others)

How much time did it take for me to be free?

It might be days/months. I don't remember. The only thing I remember is that I needed to be free from it. That's it.

The 1-hour Challenge

What is the 1-hour challenge?

The 1-hour challenge is the challenge to spend at least 1 hour a day by just YOURSELF.

During this time

- don't access any gadgets like mobile, TV etc.
- Don't be in the company of anybody but yourself.
- Just be with yourself
- contemplate
- Do activities which you enjoy not which you think others think you enjoy.
- Reconnect with yourself

Benefits

- It will bring back the joy in yourself
- Clarity
- Better Understanding
- Increase your intellect

- Help in making more accurate decisions
- Most of all it would help you reconnect with the most beautiful person in this UNIVERSE ie. YOU

Now whether you want to take this challenge or not it's up to you. I've been taking this challenge since sometimes & it has worked wonders for me.

*Just reading
this e-book
won't help
you,*

*Working on
it will*

If this helped you then –

(You may do any one/few/all of the following as your heart pleases)

- **Make someone feel good:** Anyone. Any being. In any manner, you can. IF you want you can start with your home & in your home with yourself.
- **Take care of animals in your surroundings:** We all (all the species) are co-dependent. Treat them like you would like to be treated.
- **Plant a plant:** Contribute to nature. At present CO₂ levels have well exceeded our planets ability to digest it. Planting at least 1 plant helps to convert it into oxygen which is necessary for our survival as well help our planet to restore its natural balance.
- **Follow 3R's:** The waste generated has also exceeded the planets ability to digest it. Coupled with the use of plastic which is non-biodegradable. We cannot stop the waste generation absolutely but we can optimise it by following 3R's.
 - Reduce: Use as much is required.
 - Reuse: Use a thing as many times as you can.

- Recycle: Recycle as much stuff as you can & what you cannot make sure it reaches those who can.

(Your contribution matters a lot for the future of your loved ones/you/entire planet on a whole)

- **Share this**: Share this with those you care about so that even they can benefit from it.
- **Support this Medium**: IF you are still more grateful & want to support the medium via which the Universe helped you then -
(Please Note: I neither encourage nor discourage any contributions)

PayPal - <https://paypal.me/gratefulanmol>

May you live a blissful life ahead

Regards



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