

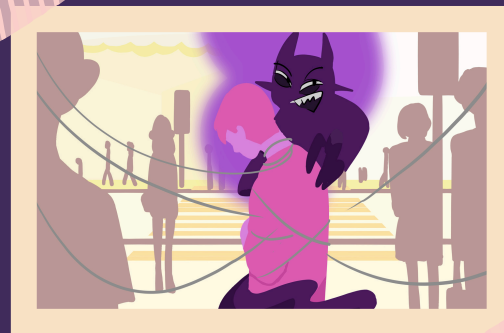


CONQUER ADDICTION

Understanding and Overcoming Addiction

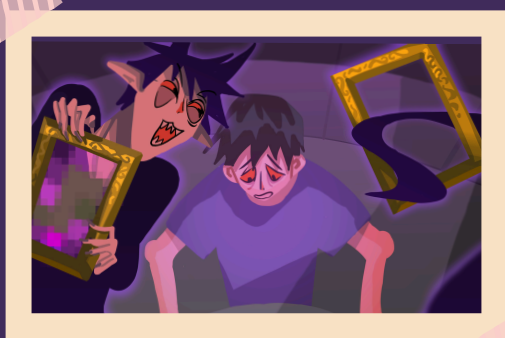
WHAT IS THE "ADDICTION DEMON"?

In everyday life, some people are controlled by the "Addiction Demon". Cigarettes, alcohol, drugs, gambling, playing video games, watching pornography, and overspending can all lead to addiction. People who are controlled by the "Addiction Demon" feel that they are incapable of refraining from these activities and may even feel compelled to do them more frequently.



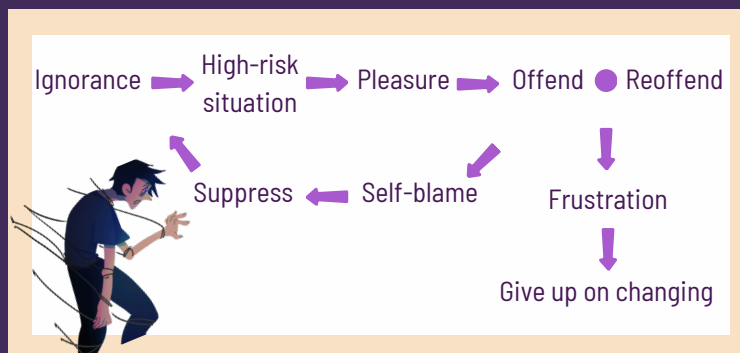
CONFESSION OF A PERSON WITH SEXUAL ADDICTION

"I often find life boring and dull, with no sense of success and no friends or intimate partners to talk to. However, when I browse pornographic websites, I feel excited and happy. The Demon plays pornographic images and sounds in my mind and even lures me to take photos of females' underskirts. Gradually, I realize that this kind of "stolen happiness" is only a sensual stimulation and does not provide authentic satisfaction. What do I actually want?"



THE TACTICS OF THE DEMON

First, due to ignorance of high-risk situations, people become defenseless. Then, the Demon uses pleasure to tempt people into taking undershirt photos at the situations. After taking the photos, people may try to suppress the urge because of shame and self-blame. However, without effective coping skills, they will soon be controlled by the craving for pleasure. Several failed attempts to improve will result in frustration and abandonment of change.



HOW TO CONQUER ADDICTION?

To conquer addiction, people must first change their lifestyles by spending more time with family and friends, discovering healthy hobbies, and reducing addictive behaviors. Also, it is important to examine and recognize the tactics of the Demon, understand the negative impact brought by these acts, analyze and develop strategies to overcome 'high-risk situations' and continuously practice in order to build confidence in facing these situations.

