



Understanding Addiction Brain Fog

Dr. Dave Currie

Addiction “BRAIN-FOG” as used in this presentation refers to the addict’s **self-constructed internal life paradigm** designed to establish, justify and maintain a **false narrative** to others regarding who they are and how they are doing. It could also be called a **FALSE REALITY FOG** where there is a powerful urgency to maintain their ‘story’ to others at all costs.

- It is a **False Narrative** which doesn’t represent reality or reflect truth about what’s going on.
- They portray that **“all is well”** – that they have no issues.
- They continue to **hide the ongoing struggles** of their addiction.
- They are **desperate to portray** a story of success and well-being.
- There is a strong **self-delusion**: lying to oneself is as customary as lying to others.
- The **naked truth** of their addiction reality is nearly impossible for the addict to admit.
- It’s hard – almost impossible – to let go of the **well-established narrative** portrayed to others.
- They possess a rugged, **ongoing habit of hiding** their reality from others.
- So, most addicts are Loners. Shallow. Private. Distant. Unknown. Disconnected from others.

Secrecy maintains hypocrisy! Transparency brings integrity!

◆ NOTE: The paradigm described here is not to be confused with the **physiological “brain fog”** that is a common symptom of addiction recovery where concentration, memory and problem-solving may have been impacted. There is an actual **brain impairment** where the addict cannot think clearly and consistently for a period of time. The addiction has impaired their ability to be attentive, to be self-aware, to discern and self-regulate.

God sees the whole scheme & knows the truth about you!

Proverbs 28:13 – Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

James 5:16 – Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Disclose the Lies – Declare the Truth

Addiction Power Grows in Secret – Break the Silence to Break the Power!

DEEP IN THE FOG

Most addicts can hear the “Addict Talk” in others before they can recognize it in themselves. Most addicts are often oblivious that they are “in” a fog – they have lied this way for so long!

1. Living in Denial. They don’t have a problem. They deny until they get caught again.
2. Minimize, misrepresent, and mold the truth to be what they in to stay hidden.
3. They live with many secrets – a hidden, private life
4. They are addicted to lying just as strongly as the sexual addiction – Lying to themselves
5. They fabricate a “Story” believing it to be true. Wanting it to be true. Needing it to be true.
6. Ongoing Defensiveness – indignant that they should be questioned
7. Ongoing Explosiveness – anger leaks out on many others in their world.
8. Gaslighting – deliberately denying or questioning their spouse’s view of reality.
9. Blaming others and even manipulating the people they are supposed to be loving.
10. Maintain that they don’t need others or a program. They can go it alone.

The opposite of addiction is connection.

COMING OUT OF THE FOG

1. Massive ***Wake-Up Call*** to the reality of the damage they are doing with the addiction.
2. ***Stop excuse-making***, justifying or flat out lying about what is going on.
3. ***Display Humility***. The Cocky edge is gone. They realize they are walking on “thin grace”.
4. ***Becoming Known*** by others. Genuine accountability. Walk with others input and correction
5. A ***whole new Honesty*** with God, Himself & Others. Admitting Lies.
6. Establish ***solid reasons*** for why they must change.
7. ***Facing the Hurts Caused***. Seeing the impact of their selfishness.
8. ***Owning your faults*** – taking responsibility for hurts. Apologizing and Making Amends.
9. ***Genuine Teachability*** – Willing to listen, learn and apply.
10. ***Making an effort*** to change – putting in the time. Staying consistent. Doing the work.

BECOME KNOWN TO OTHERS TO BEGIN TO HEAL!

**A full surrender to Jesus – being honest about who you are
– is the bottom-line difference-maker in recovery!**

Put God First – Life Goes Best!