

BREAKING YOUR CYCLE:

The Truth About Addiction and Habits



*A guide to breaking destructive patterns,
rebuilding trust with yourself, and creating
habits that actually serve you.*

BY THE SOFT SPACE

Why You're Here

You're reading this because something in your life feels out of control. You've had moments where you've said, "I need to stop," but here you are, still doing it. Maybe it's drinking too much. Maybe it's scrolling until 3 a.m., using substances, staying in toxic relationships, or any other habit you know is holding you back.

This isn't a gentle pat on the back. This is the wake-up call you keep ignoring. No change will happen unless you get brutally honest. Waiting for the "right time" is part of the cycle.

You're not here because you can't change—you're here because you've been putting it off.

Understanding the Grip



Addiction isn't always a dirty word. Sometimes it's subtle. Sometimes it's not drugs or alcohol—it's food, work, social media, shopping, or even self-sabotage.

Here's the truth: your brain is hooked on the reward. The dopamine hit keeps you coming back, even when it hurts you. It's not just about willpower. Your brain is trying to escape something—stress, loneliness, boredom, pain.

But every time you give in, you strengthen the chain. It's costing you things you don't even realize yet—time, energy, money, trust, opportunities.

Your Current Reality:

What has this habit taken from you? Be specific.

Who has it hurt—directly or indirectly?

How many times have you promised yourself you'd quit?

What excuses do you use to keep doing it?

This is where you rip off the mask. If it makes you uncomfortable, good.
That's where change starts.

The First Real Step

Forget perfect plans or Monday starts. The first step is always the same: **own it**. Say out loud: “This is a problem, and I’m the only one who can change it.”

In the next 24 hours:

- Remove what you can—delete apps, throw things out, distance yourself from people who enable it.
- Tell someone the truth—even if it’s just one person.
- Interrupt the pattern. When the urge hits, do something completely different: walk, blast music, journal, take a cold shower. Anything to break the cycle.

Write down your first step. One action. Do it now.

Building Something Different

You can't just rip something out of your life without replacing it. Habits are like weeds—they grow back if you leave space.

- Stack new habits. Replace the drink with a walk. Replace the phone with a book.
- Get accountability. Someone needs to know what you're doing and why.
- Remember: **progress beats perfection**. One slip-up doesn't mean you're done. It means you keep going.



When It Gets Ugly

There will be cravings, slip-ups, shame spirals. It's normal. Don't waste time beating yourself up. The only failure is quitting on yourself.

When it hits hard:

- Call someone.
- Go outside and move your body.
- Write down what you're feeling instead of numbing it.
- **Breathe and remind yourself why you started.**

You're Not Alone - Really

No one is going to save you. Not this guide, not a miracle day, not "future you." The only person who can change your life is you.

You don't need to feel ready. You just need to start. Today.



Note: The Soft Space is not a crisis line or therapy substitute.

If you are in danger or overwhelmed with thoughts of harm, please reach out.

988 - U.S Suicide & Crisis hotline

Crisis Text Line - Text HOME to 741741

The Soft Space is a quiet corner of My Way Care - created for people who feel overwhelmed, unsupported, or just need someone to talk to. This is a space for softness, gentleness, and real help - without pressure, or judgement.



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