

Einstein

“I have no special talent; I am only passionately curious”.

What happens when a human being loses their curiosity for life? From the time we are born, we are curious. A baby first takes its first steps and tries to run through curiosity. They put anything in their mouth as they are curious about taste. They touch other humans faces and make face expressions when they hear them talk.

To reach one’s potential it is important to be curious about what you are capable of. Without this you may wander around and all your realities become dreams. This may leave you feeling lost and empty.

Substance Use

Many people say that they got into substance use because of curiosity. They were told before they tried it about the “high”. The problem with this is that a high is so personal, and unique to the individual. Hence why individuals are curious about experiencing it for themselves. When someone first experiences this high, they do it so that they feel totally abnormal. The problem with this is that after a prolonged period of carrying this out, an individual may feel abnormal when they have no substances in their system, and once the substance goes into their system, they feel normal.

Substances were not designed to make you feel normal. This is when the substance use has graduated from being social to problematic.

Problematic substance use can lead to the individual losing their natural curiosity for life, as they have invested their curiosity in their substance use. They may then find themselves in a position where it is not possible to reach their potential, as their focus is on surviving in the world of substances, and that takes up a lot of devotion, planning and time. It will then become very difficult to reach your full potential.

Recovery

As I have stated on previous blogs, recovery is a process, and an integral part of this process is “discovery”. The main ingredient of discovery is curiosity. After all, nothing would have ever been discovered if someone didn’t have the curiosity to see or experience something different.

In your recovery, maybe it is now time to arouse your curiosity for the external world, and your inner self. Drug and alcohol use are not who you are, its what you do or did. You are so much more than that.

In this time of self-isolation, it is a space to self-reflect and be curious again about what you are capable of. It is a time to evaluate who you are and what you are about. Surely, if you survived your substance use, you are capable of great things.

Going back to what Einstein said, it is really important to be passionately curious.

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30/03/2020

