Reflection About Addictions In Life

Everyone has things that they can’t live without. Everyone has something that they obsess over. You might even call it an addiction. You’re probably thinking, “I’m not addicted to anything bad, so I must not be an addict.” Well, you’re wrong! There are different types of addictions; there are bad ones, which you have probably heard the most about, and not-so-bad ones. First of all, let’s define addiction. An addiction is an obsession of a particular substance, thing, or activity. Some addictions are seemingly harmless but certain ones may hurt you in the long run. Others from the get-go are unhealthy. Some addictions will probably not hurt you at all.

You have probably heard of many bad addictions in this world. Some of them are smoking/vaping, drinking, gambling, drugs and many others. When people started doing these habits a long time ago, no one knew how dangerous they would be. They even used to have billboards selling cigarettes! Each generation has learned the dangers of these items but still uses them. Some people try to be cool and risk it, but once that happens, many people cannot escape the addiction and need help. Some think they need help to fix that addiction, but others think that it’s not a problem.

Believe it or not, certain addictions can be beneficial or at least harmless. A positive addiction can be something you’re extremely passionate about and love doing. A few examples are cooking, playing or music, and dance. Then certain addictions look harmless and fun but can hurt you eventually. A good example of this is electronics. Popular with the current generation, electronics and technology have changed the world. Was it for better or for worse? Being addicted to this can strain your eyes and hurt your brain. Certain people believe it’s okay to do when others are totally against it. As we have learned in the past few days, some of those addictions were being used in our own school. Those kids sadly made a bad decision. If

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As we have learned in the past few days, some of those addictions were being used in our own school. Those kids sadly made a bad decision. If you see this happening in your school, alert a teacher or adult and tell them. We can learn from their mistakes and know the dangers.