



HABIT - AN EMOTIONAL CRUTCH

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Many of us resort to habits as an emotional crutch so as to satisfy an irresistible desire, cravings and temptations that we experience. It can be termed too as an emotional apathy or a pain that you feel. We should remove these emotional crutches and stand in our own emotional strength and maturity. We all have these and most of the time we use them as an excuse, reasons, justifications, and ways to check out and discover what is going on inside of us. Actually, habit or addiction can be driven by a need to belong, an emotional crutch, a method of escape, an endorphin rush.

It's a hard habit to break when it is an emotional crutch. We have to honestly accept it and then break it. It will really take some considerable effort for you to break it. As the term itself denotes, emotional crutch is a substance, object of individual providing temporary comfort and support in times of turmoil and duress. Many of us have the habit of using food as emotional crutch. When they are sad or depressed resort to food and before they notice it, they have already gained a lot of weight. Others during unpleasant times and when they feel so stressed or agitated use alcohol as their outlet, thus they have the tendency to over-drink making it a habit.

Many people also use smoking as an emotional crutch during unpleasant times. Due to the build-up of this habit, these people become emotionally dependent and start to smoke when they are sad, scared or unhappy. Some people have their imagination to completely escape from the limitations of reality. So what they do is they read a book, watch a movie, and even write a novel. A lot of people though when they feel anxious, upset, tired or overworked use shopping as an emotional crutch.

When we talk of breaking your habit, that is, your emotional crutch, it is not about abandoning support but rather finding healthy and conscious support. You will need more support than ever when you are breaking your emotional crutches. So there's no need to be afraid to reach out and talk to someone close to you. Stop leaning on your crutches and have a transformed life. All you need to do is have that commitment to do so. In doing this, you have to recognize that those crutches you stand on limit your speed and mobility. Most of all admit that you are using an emotional crutch for you to check out.

There is no doubt that breaking your emotional crutches is a very challenging process. We have to honestly accept our emotional crutches and break them. Pretty soon you'll find out that the more emotional crutches you break, the more likely that you will be able to move forward authentically. Thus, that would only mean that you have addressed the issues beneath the discomfort that you experience. The bottom line is for you to change your habits, because whether you like it or not they are the emotional crutches in your life.

Questions for discussion:

1. Have you ever tried addressing that habit which created an emotional crutch in you? Explain your answer.
2. Do you think that having a habit brings discomfort to your life? Why or why not.
3. What habits have you acquired during the unpleasant times in your life? Name them.
4. Have you experienced a lot of habit forming attitudes most especially when you are scared? Explain your answer.
5. Do you stand firm in removing those habits that you have formed in your life? How will you do it?