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**The Gift Of Our Compulsions**

The Gift of Our Compulsions: A Revolutionary Approach to Self-Acceptance and Healing Paperback - September 28, 2004 by Mary O'Malley (Author)

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Acceptance and Healing. Everyone is  
compulsive to some degree. People may  
worry too much, work too hard, or

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overindulge in food or alcohol or drug use. Once a compulsion is admitted, the usual option is to try to control the behavior.

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There are two main gifts that come with

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compulsions. The first is understanding that compulsions are a finely crafted survival system. We all buried or numbed our pain when we were young and compulsions were one of the ways we did this.

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By compulsive, I mean engaging in any recurring activity to manage our feelings, an activity that eventually ends up managing us. We can get compulsive in many different ways — by overspending, overeating, overworking, overplanning, overworrying, overexercising, overdrinking, overcomputerizing, or just

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"overovering." .  
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The Gift of Our Compulsions: The  
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Power of Questions Living in questions is  
one of the most powerfully  
transformative tools available to us, and  
we are only beginning to tap into its  
power.

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The Gift of Our Compulsions “Awakening is powerful medicine. A book to live with, learn from, and treasure.” Christiane Northrup, M.D., Author of Women’s Bodies, Women’s Wisdom and The Wisdom of Menopause “These teachings open you to mystery; they bring

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**Home - Awakening with Mary  
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Giving into our compulsions serves the purpose of relieving ourselves of the (short term) need to feel more comfortable (or less uncomfortable). The pressing need to 'feel better' is the

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urgent conveying of a message about  
the imbalance of your mind and body.

**The gift of our compulsions —  
Insight Counselling**

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struggles range from overworrying and  
overworking to overeating and alcohol

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