The Signs of *Silent* Suffering: Fixation

In our fast-paced and often overwhelming world, it's not uncommon for individuals to seek refuge in activities that provide temporary relief from stress and emotional discomfort. However, when these activities become unhealthy coping mechanisms and serve as a means to avoid confronting underlying issues, they can signify a deeper problem of emotional suffering.

GOTTA GET THAT "FIX"

Fixation manifests differently among individuals, often characterized by excessive behaviors aimed at detaching from reality, self-soothing, and seeking external validation in order to feel better. This behavior may serve as a temporary relief from underlying anxieties, traumas, emotional conflicts, or life responsibilities reflecting an individual's attempt to manage internal discomfort or turmoil through escapist activities.

FIXATION MAY INCLUDE EXCESSIVE BEHAVIORS LIKE:

- *Dopamine Binging:* Spending excessive hours on social media platforms like TikTok "doom scrolling" to avoid dealing with personal issues or negative emotions.
- *Retail Therapy:* Compulsively shopping to cope with stress or emotional discomfort, often leading to financial strain.
- *Substance Overindulgence:* Using alcohol or drugs as a means to escape reality, leading to potential dependency.
- *Food as Comfort:* Turning to comfort eating or overindulging in unhealthy foods as a way to soothe emotional distress.

STEPS TO TAKE:

- *Mindfulness and Awareness:* Practicing mindfulness to become aware of when one is resorting to these behaviors as coping mechanisms.
- *Healthy Coping Strategies:* Developing healthier coping mechanisms like exercise, journaling, or engaging in creative activities.
- *Social Support:* Building a support system of friends and family who can provide guidance and a sense of belonging.
- *Setting Boundaries:* Learning to set limits on the use of potentially addictive activities like social media or "bed rotting".
- *Self-Reflection:* Regular self-reflection to understand triggers and reasons behind the behavior.