**A Young Brain Shaped by a Fear of Pain**

**“When we’re afraid, the limbic brain drives us to seek the short-lived comfort of impulsive behaviors – for present purposes, let’s call them “the old ways”.  One common impulsive action that many of us learned at a very young age was abusing substance to avoid feeling more pain.  Over time, these impulsive, self-medicating actions led us to addiction.**

**As anyone in recovery is aware, the behaviors stemming from addiction included neglecting our responsibilities and dumping uncontrolled negative feeling onto those we love and ourselves, ruining many relationships in the process.  These are the results of a brain operating on autopilot with the limbic system in control.”**

***Rein In Your Brain, From Impulsivity to Thoughtful Living in Recovery, Cynthia Moreno-Tuohy, Page 12***