An emotional addiction is when the body becomes dependent on our own chemical responses. This cycle changes the reward center of the brain. Even if the emotion makes us miserable, the rush of neurotransmitters are a reward. Put reminders in your phone and journal this intention. Doing this will help you become conscious to the subconscious. Watch how you feel in daily situations while scrolling Instagram, at work, or when talking with friends. Freedom from the chains of emotional addiction will not only create happiness, it also creates bodily health. Allowing your body to rest from these chemical fixes will allow its physiological processes of natural healing, or homeostasis, to take place.