

## Paradox of Addiction: Net Brain Effect on Our Life

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### Abstract

Addiction is a complex phenomenon marked by a loss of control over a substance or behavior despite the negative consequences it has on an individual's physical and mental health, relationships, and overall well-being. This creates a profound paradox: the pursuit of pleasure, which initially drives addictive behaviors, ultimately leads to immense suffering. It is important to develop a term for addiction, It is important to recognize the signs of addiction and seek help before it becomes too difficult to escape its grip and understand its various levels like: would call it the net brain effect. "Net Brain Effect" (NBE), a framework for understanding the insidious process by which the brain becomes ensnared in a cycle of craving, reward, and escalating dysfunction. Imagine a fisherman casting a net into the water. The fish, lured by the promise of food, swim to free the net but he trapped. This is the essence of the Net Brain Effect (NBE), a framework for understanding how addiction ensnares the brain. uses the analogy of a fish caught in a net to illustrate the NBE. Just as the net represents the addictive substance or behavior, the fish symbolizes the individual struggling with addiction. Initially drawn by the allure of pleasure or relief, they become entangled in a web of dependence. Their lives, much like the fish trapped in the net, become dominated by the overwhelming need to satisfy their addiction. The NBE emphasizes the loss of control, the difficulty of escape, and the feeling of being trapped in a world consumed by addiction. It is within this metaphorical net that the individual's dreams and aspirations for a brighter future fade, leaving them yearning for a life of freedom and autonomy.

### 1. Introduction

The Net Brain Effect (NBE), the source defined a powerful analogy to illustrate the entrapment of the Net Brain Effect (NBE): a fish caught in a fisherman's net. The fish, swimming freely in search of sustenance, unknowingly enters the net and becomes trapped. Similarly, individuals struggling with addiction are initially drawn to the allure of the substance or behavior, unaware of the impending loss of control and the devastating consequences that lie ahead, is a compelling way to conceptualize the process of becoming trapped in addiction. It highlights the loss of control, the insidious nature of dependence, and the significant negative impact addiction has on an individual's life.

### 2. Literature Review

The "Net Brain Effect" (NBE) is a term used in the source to describe the state of being trapped in addiction. The source provides two definitions of NBE, both of which emphasize the loss of control and the negative impact of addiction on an individual's

life. The definition of NBE position is:

- **Definition 1:** NBE is any action or habit that significantly affects a person's mental health, behavior, and personal life. This dependence creates negative physical and mental effects that interfere with their normal life.
- **Definition 2:** NBE describes a stage where an individual loses control over aspects of their life due to their dependence on a substance or behavior. This dependence becomes so strong that it feels mandatory, dictating their actions and choices, and negatively impacting their normal life.
- **Definition 3:** NBE is a state of cognitive captivity where the brain's reward system becomes hijacked by an addictive substance or behavior, leading to intense cravings, compulsive engagement, and a diminished capacity for self-regulation. The individual's thoughts, emotions, and actions revolve around the object of addiction, creating a distorted reality that perpetuates the cycle of dependence. This definition highlights the neurological underpinnings of addiction, emphasizing how

the brain's reward pathways are altered, leading to compulsive behavior. It also uses the term "cognitive captivity" to illustrate the mental entrapment experienced by individuals struggling with addiction, where their thoughts and perceptions are dominated by the addictive substance or behavior.

- **Definition 4:** NBE is a progressive entrapment in a web of illusion, where the perceived rewards of an addictive substance or behavior mask the mounting losses in physical health, mental wellbeing, relationships, and personal values. The individual becomes increasingly isolated in their pursuit of the addictive object, losing sight of their true self and the potential for a fulfilling life beyond addiction. This definition emphasizes the deceptive nature of addiction, highlighting how the initial perceived rewards of the substance or behavior create a powerful illusion that masks the growing negative consequences. It also underscores the progressive nature of NBE, illustrating how the individual becomes increasingly entangled in the web of addiction over time. The phrase "losing sight of their true self" points to the damage addiction inflicts on an individual's identity and sense of purpose.
- **Definition 5:** NBE is a state of disconnection from one's authentic self, where the pursuit of external sources of gratification through addictive substances or behaviors creates a barrier to experiencing genuine joy, inner peace, and meaningful connection with others. This disconnection fosters a sense of emptiness and longing that drives the individual to seek solace in the addictive object, perpetuating the cycle of dependence. However, by recognizing the illusory nature of this external pursuit and cultivating self-awareness, individuals can begin to reconnect with their inner resources and find lasting fulfillment beyond the confines of addiction. This definition delves into the psychological and spiritual dimensions of addiction, suggesting that NBE represents a disconnect from one's true self and a reliance on external

sources of gratification. It introduces the idea that addiction is driven by a sense of emptiness and longing that individuals attempt to fill with the addictive substance or behavior. Importantly, this definition offers a glimmer of hope by suggesting that recognizing the illusory nature of this pursuit and cultivating self-awareness can pave the way for recovery and genuine fulfillment.

The Net Brain Effect (NBE) is a state of being entangled in an addictive cycle, characterized by a loss of control over a substance or behavior despite its detrimental effects on one's physical and mental health, relationships, and overall quality of life. This dependence becomes so profound that it dictates an individual's actions and choices, leading to a significant disruption of their normal life and a persistent pursuit of the addictive substance or behavior, even in the face of mounting negative consequences.

### 3. Methodology

The phrase "caught in the web of addiction or addicted world" further emphasizes the feeling of entrapment. Once caught in the net, the fish's chances of escape are slim. Just as the fish becomes ensnared in the physical net, the individual struggling with addiction becomes entangled in the "web of addiction"<sup>1</sup>. Their lives become dominated by the overwhelming need to satisfy their cravings, and they find themselves increasingly isolated and disconnected from their former lives. It suggests that addiction creates its own reality, a world where the substance or behavior becomes the central focus, distorting perceptions and priorities. Addiction manifests in two primary forms—negative addiction and the Net Brain Effect (NBE). Both involve compulsive behaviors, but their origins, impacts, and recovery processes are different.

### 4. Data and Results

Here's a detailed breakdown analysis of the differences:

<i>Aspect</i>	<b>Negative Addiction</b>	<b>Net Brain Effect (NBE)</b>
<b><i>Impact on life</i></b>	Destructive: Causes harm to health, relationships, and social functioning (e.g., substance abuse, gambling).	Restrictive: Limits creativity, adaptability, lack of life goals and emotional growth without overt harm (e.g., overworking, rigid routines).
<b><i>Control</i></b>	Loss of Control: Strong cravings and dependency override rational thinking, leading to compulsive behavior.	Subtle Entrapment: Habits feel natural or harmless or innocuous habits can easily trapped ensnare individuals in unproductive cycles.
<b><i>Control</i></b>	Harmful Dependencies: Drugs, alcohol, gambling, porn type, binge eating etc. Negative addictions are easily identifiable due to their harmful nature.	Unseen Cycles: Excessive social media, rigid daily routines, limitless luxury life, Comfort Zone Loops, workaholism. Becoming fixated life style while ignoring big picture goals
<b><i>Intervention</i></b>	Negative addiction often requires professional help, Requires detox programs,	NBE can be addressed through self-awareness, habit changes, implementing time blocking techniques and adopting positive addictions like learning or exercising.
<b><i>Emotional Outcome</i></b>	Negative Emotions: Guilt, shame, and anxiety dominate due to awareness of harm caused.	Avoidance or Numbness: Lack of emotional engagement or avoiding meaningful activities. NBE causes detachment from meaningful emotional experiences, leading to emotional stagnation. Feeling numb or disconnected due to repetitive, purposeless tasks like organizing things unnecessarily without making progress.

<b>Behavioral Trigger</b>	Physical and Emotional Cravings: Biological triggers like dopamine hijacking or emotional distress drive the behavior. Stress induced overuse of sleeping pills or painkillers.	Automatic Decision Making: Behaviors occur without conscious intent, as part of ingrained habits. NBE is triggered by habitual routines, with individuals unaware of the behavioral trap. Compulsively over planning without execution, leading to procrastination.
<b>Brain's Role</b>	Altered Reward System: Dopamine pathways are hijacked, reinforcing compulsive behavior. making the behavior feel irresistible and spikes risky behaviors.	Reinforced Neural Loops: Neural pathways are subtly strengthened, making habits feel necessary or automatic. In NBE, neural pathways are reinforced subtly, creating a "default mode" for behavior that feels unchangeable but is reversible with effort.

NBE bridges the gap between understanding compulsive habits and enabling recovery. Unlike overt negative addictions, it often goes unnoticed but can be addressed through awareness, gradual habit replacement, and proactive changes. Highlighting this distinction allows for a more nuanced approach in addiction research and recovery models and Al Ghazali reminds us, 'The cure for every ailment lies within the self.' By differentiating the enslaving nature of negative addiction from the entrapping cycles of NBE, we illuminate a path toward reclaiming autonomy, fostering resilience, and nurturing the human spirit's boundless potential for transformation."

### 5. Conclusion

Finally, the analogy concludes by comparing the addict's life to "being caught in the net, where there is nothing to do but dream that one day in the river or the sea or the pond." This image powerfully conveys the sense of hopelessness and resignation that can accompany addiction, where individuals feel trapped and unable to envision a future free from their struggles. The research emphasizes that the individual caught in the NBE often yearns for freedom and a return to a life before addiction took hold. They dream of escaping the net and reclaiming their lost dreams and aspirations. However, like the fish struggling to break free, the individual finds themselves trapped in a cycle of dependence, making escape seem almost impossible.

The source offers a glimmer of hope, suggesting that even within the confines of the NBE position, small steps toward change can lead to significant gains. By making gradual lifestyle changes, cultivating self-awareness, and seeking support, individuals can begin to loosen the grip of addiction and move towards a life of

greater freedom and fulfillment. Just as the fish might find a small tear in the net and eventually break free, individuals struggling with addiction can find ways to challenge their dependence and reclaim their lives. The concept of the Net Brain Effect provides a framework for understanding the insidious process by which the brain becomes ensnared in a web of craving, reward, and escalating dysfunction. By examining the stages of entrapment, the psychological mechanisms at play, and the interplay of social, cultural, and spiritual influences, we can begin to develop more comprehensive and compassionate approaches to both prevention and treatment. Addiction, whether overtly destructive or subtly entrapping, reflects a profound struggle between human agency and the mind's habitual nature a cycle that, if unbroken, can limit not only our freedom but our potential for growth and fulfillment. Breaking free from addiction and NBE is not merely about severing ties with a destructive habit but about reclaiming autonomy, rediscovering purpose, and forging a path where discipline transforms into freedom and resilience replaces dependency.

1. All concepts, data, and analysis presented in this paper are based on the original research and personal theories conducted by Sheikh Muhammad Shihab.
2. Philosophical insights and psychological interpretations and sociocultural observations are the author's independent synthesis derived from self-observation, practical experimentation, and theoretical exploration.
3. The research also integrates human and historical perspectives and behavioral economics, drawing on general knowledge and common patterns observed in human decision making and societal trends.

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