

10th Step Reflection on Fear

While doing my daily 10th Step reflection, I've realized that since I've been in between jobs a common theme is fear of economic insecurity.

Intellectually I know this fear is unfounded as are all fears. What my 10th Step writing on this fear has shown me is my thinking is focused on spending money with no money coming in to replace it.

While that is true for today, today I am grateful to have enough money saved to pay my bills and for the willingness to reduce my spending where I can.

When I go beyond today, beyond now and into the future, that's when I feel fear. What I've realized through my 10th Step writing is I'm feeling that fear because I don't belong in the future.

Since the future is literally the unknown, of course it is scary. But the future is not scary because it is unknown but rather because I don't exist in the future. I can't exist in the future because the future isn't here yet. The future doesn't exist now. And I can only exist and be here right now, in THIS moment.

I've come to learn through working my program that my serenity is disturbed when my mind wanders into the past or the future. I think of that serenity disturbance as God's way of getting my attention; reminding me I don't exist in the past or the future because I don't belong there. The only place I can be is in the present. That's where I belong. That's where my serenity is.