

Abstinence

Abstinence makes the heart grow fonder. - unknown

I say it to myself throughout the day and it gives me a little smile and some willingness to keep at it.

Today I woke up feeling poorly. I started to panic, I am having people over to the house later today and it is something we set up several months ago. These are friends that only get together a couple of times a year and some are coming from far away. I really feel that canceling is not an option!

After some reflection, and speaking to my sponsor, I think I can get through this with grace. I cut out some of my morning activities so that I can take it more slowly. My husband is helpful and he will be on hand. I will take it slow and not try to be perfect. I read the following from my book on abstinence regarding black and white thinking:

"Black and white thinking was one way I made my life unmanageable. Seeing the world in extremes kept me people and from myself. Most of all, it kept me from having an intimate relationship with my higher power.

Today I can choose to go through problems rather than avoid them, seeing them, seeing them as opportunities for growth. I recognize this world and the people in it as conduits through which my higher power contacts me.

Through OA I found a way to be happy now. Call it whatever you want; acceptance balance growing up, "living life on life's terms" I call it being abstinent, in contact with my higher power, and living life one day at a time." from the book *ABSTINENCE*.