

Addiction and Recovery

Addiction begins with the hope that something out there” can fill the emptiness inside.” - unknown

i guess that means that recovery has layers. first we have to see that the reason for our addiction has something to do with filling up an emptiness or a need in us. then we have to figure out what that need is. then we have to figure out how to either live with that need, or full it some other, more healthy way.

there. i've done it. i've reduced recovery to one small paragraph. simple, huh?

simple. yes. easy. no. worth it. absolutely!!

it's painful for me to look deep inside myself. to see that there are needs i'm still carrying around. but, quite frankly, i do not want to be lying on my death bed still bemoaning the fact that my mom never loved me.

i don't want to drive through a fast food drive in because dad never said a kind thing to me. and called me stupid all the time.

this program helps us all wade through the muck and mud of our deeper selves. there are tools, and meetings and sponsors, because it's dangerous, sometimes, to go into the dark by yourself. you need someone to guide you. someone, or something, to pull you back into the light when you get overwhelmed or go to far.

that's why recovery happens (or not) every day. because we can only go so far before we simply have to come back to remember and reconnect with the source of our strength and power. this is a spiritual program, and the only reason we can do the work that we need to do is because we remain tethered to our Higher Power. whether it's G-d (by whatever name we use), the group, or some other Higher Power that you've identified, it's the anchor for us as we seek to find the source of that need and understand it, and change our response to it.

we come to understand that our addiction may have begun with the hope that something out there could fill that emptiness inside us. and through the miracle of this program, we come to understand that stuffing the emptiness with food doesn't work. and we can become free from our addiction and live a life of serenity and grace. one day at a time.