

Attitude of Gratitude

Writing based on Voices of Recovery, August 11

Before starting program, I became friendly with a coworker who taught me a valuable lesson. I enjoyed her company, but soon noticed that when we were talking, especially in a larger group, she would gently steer the conversation away from my frequent complaints and focus on negative topics. Without ever telling me what I should or should not do, her persistent redirect toward more positive matters forced me to realize just how negative I really was. She too had her problems, and would discuss them with me, but briefly. I accepted this as merely a question of manners, but made a point to try not to dwell on complaints or scary topics all the time while speaking with others.

Program requires me to adopt an attitude of gratitude. This was completely foreign to me as I was too resentful on a daily basis to feel much of that. Coming up with my daily gratitude list (only three things!) often takes me longer than planning my food for the day. But, I keep at it. Life has its problems, some a matter a life and death. And yet, there still remains things to be grateful for. I am so glad I am no longer a person who only sees darkness, but who can also see the light, even if I have to force myself to do it!