

Character Defects

I am grateful for another abstinent day. I am grateful that the sugary foods are not calling my name today. I am grateful that tonight is meeting night! I am grateful that I feel like I am losing weight. I am grateful that my head is little clearer. I am grateful that I have more energy.

Now what about all those character defects? I am aware today that most things I do are in order to get attention, approval or admiration. I wish I could say that I am primarily driven by trying to help my fellow sufferer compulsive over-eater or alcoholics, but that would not be honest. If someone (usually my husband) doesn't give me the attention I need or feel I deserve, I can get nasty, or shut down, depressed or work even harder to get that attention. The problem with being driven by this motive is that then I am always working for that external approval and I never figure out who I am in my heart. I need to breathe and know that I am ok just as I am. I don't need to people please all the time. There was a song from the sixties I think that says "you are a child of the universe, no less than the trees and the stars, you have a right to be here. And whether or not it is clear to you, no less than the trees and the stars, you have a right to be here" This always makes me feel a little sad.

For today, let me breathe in and out and know in my heart of hearts that I am worthy, I am a good person, and I don't need to make everyone else happy, especially at the expense of myself.