

For Today, April 11

"Patience does not come easy to the obsessive compulsive person."

This is a timely message. I'm sitting here this morning with an electric stim machine on my foot. I have a stress fracture and the healing is very slow. Over and over it says in our literature we need to develop patience, persistence and perseverance. What I know about patience I learned in this program.

As a kid I was a nervous eater. Any time I felt challenged I ate to calm my nerves. I was a round kid, an obese teenager and young woman. I lost myself in books and food. I had no history with myself for finishing tasks. Like it says in our Step 1 - I procrastinated, I hid and I ate. This does not lead to personal success or any kind of confidence.

This has changed over my time in program. I followed simple directions, came to meetings, worked the steps and my life changed. When I am nervous I don't eat, I use the tools. I have a sense of a Higher Power today who has my back. I have a strong fellowship of people walking this path with me. I am at home in this tribe. I have acquired patience by looking back and seeing how many ways my life has improved by divine synchronicity and my efforts - One Step at a Time, One Day at a Time.

I'm grateful for every day I've been here - even the hard days - because the program has given me a foundation to live through those times.

Have a good day.