

## My Mission Statement

What is my "mission statement" for continuing with my abstinence and OA program?

I cannot thank God enough for my program. It has truly saved my life, so to abandon this program would be like abandoning a lifeboat that isn't even close to shore that came to rescue me from a shipwreck. If I jumped back into the sea I would drown and kill myself trying to do it my way. There is NO easier, softer way for me. I have been given the willingness to do what I have to do to maintain the healthiest life I can, and I don't want to throw that back at God. That would truly be insanity, and I like to think I have arrived at a wonderful place of sanity and recovery. My thought is "why would I want to start this process all over again when it works for me this way"? When I think about overeating and gaining back my weight, instead of working on "me" I would be focused again on the food and weight loss. I have worked hard to get past that, so it makes me happy to change the things that I can and let go of everything else. My mission statement is "keep coming back" and don't leave. Just do it!