

Repetition and Perseverance

Every moment of every day something changes, I make hundreds of decisions daily.

I get it, I am a direct action of my decisions. Unless I change the way I think, I will continue to make the same decisions. I cannot recover from my compulsive overeating or my compulsive food behaviors simply by managing my food, simply by just attending meetings or simply by reading Alcoholics Anonymous. For me I must have a connection with a power greater than myself. For me I must share my experience, strength and hope with other compulsive overeaters.

Acceptance of a Higher Power is the common theme of my email messages, that is because I need to hear this message everyday. I cannot do this program alone. I cannot rest on my laurels. I must practice sharing what I have if I want to keep my recovery. Today, I have freedom from the constant thoughts about food. Today I hand over my will and my life to the care of God, *as I understand God*, and today I work the 12 steps of Overeaters Anonymous. Today I have abstinence. This is the real deal, this is recovery.

My people pleasing character defect is yelling "**shut up already!**" This bedevilment wants me to stop sharing about HP. What will people think?

I am learning, repetition is the mother of memory. Perseverance is stronger than any talent. Today I am grateful that for the experience of dependence on a power greater than myself, for today I have recovery.