

Resisting Change

One reason people resist change is because they focus on what they have to give up, instead of what they have to gain.

i have to admit, when i first walked down those stairs into my first meeting, i had a very long list running in my head, fueling my anxiety, of all the things i was going to have to give up. i made myself a little crazy with all that thinking, truth be told.

but it was my typical pattern before i started any new "diet". i'd look the diet over, see what changes i was going to have to make, and whatever foods i usually ate that were on the "don't eat" list - well, i'd take a couple of days prior to starting the diet and binge on them like mad.

nah, i don't have an eating disorder. . . .

but with OA, i shifted my focus from what i had to give up, the what i was gaining. the miracle of this program for me is all the things i've gotten. i've learned so much about myself. i've got a huge bag of tricks, coping mechanisms, to help me cope with my COE and my life in general. i've made amazing friends, met very interesting people. i feel like i am accepted and actually belong somewhere.

but most of all - VERY most of all - i have gained back some peace, some sense of manageability (not control). i can see clearly the small steps that happen before that first compulsive bite. and i get to make more conscious choices about what i do at each of those steps.

i have gained so much more than i have lost. and it feels MAH-va lus dahlings!!!