

Thank you, God

As I begin this day, I must remember that Abstinence and Sobriety are the most important thing in my life today. Without them, I retreat back into the world of crazy thinking, unmanageable living, and eventually to sickness, insanity and even death. Sometimes it is easier to see how alcohol and drugs can cause these things but not so easy to see how compulsive overeating does. All I can say is that left to my own devices, as an addict, without recovery all the insane thinking comes rushing back. I have felt and dealt with depression and even suicidal thoughts because of the unmanageability of my life from compulsive overeating. The high and lows from sugar alone can set me off.

Working the steps and facing the world each day is it is, and not how the great Nancy would like it to be is a much better way to live. When I am truly honest with myself, I can see how my demands for attention, and for approval, and for security and for more of anything that makes me feel good have been my primary motivating factors in living each day. How can I change into becoming more like the person GOD wants me to be? Today I will pray, I will breathe, I will ask God for help and I will stay abstinent and sober. Thank you GOD!.