

## Wisdom – Courage – Dignity

Knowing when to walk away is *wisdom*. Being able to is *courage*. Walking away, with your head held high is *dignity*. - unknown

how many times have i lowered my head, averted eye contact, slinked away quietly from people, places and things, out of shame. standing in line at the grocery store, or a restaurant or convenience store, overweight, buying junk, i have felt the stares of the people around me. heck, i've felt myself stare at myself from inside my head.

how many times have i heard people who love me say, "you don't need another helping of *that*. here, have some vegetables instead."

it's the damndest thing about this addiction. it is cunning and baffling and *crazy* smart. because there's this cycle. something triggers me to feel bad, that triggers me to want to self-soothe with food. but getting my fix requires submitting myself to shame and self-loathing. once i get the food, there's a *brief* moment of "yum. . ." , and then the cone of shame descends.

but that ever so brief moment of "yum" is strong. stronger. strongest. and sometimes, it's the only moment of "yum" i may have in an otherwise sad and lonely and upsetting day.

but if you keep doing what you've always done, you'll keep getting what you've always gotten.

i'm working at finding other things to give me that high, that "yum" factor. other ways to soothe myself. other things to do when i'm stressed or lonely or sad. other ways of coping with H.A.L.T. (happy, angry, lonely, tired. and for me, i'll add "sick")

i meet with my sponsor, or text her, and rather than the post-donut shame, i feel a little proud that i did something different and good for me.

i read a page, or even just a paragraph in some literature, and recognize that i made a change, and tell myself that's the best right thing to do.

i write these daily emails, making sure to send myself a copy too. i read my own message. and i'm happy that i have some new thoughts that don't include food. and i'm happy to be doing things to try and help others who suffer with this disease as well.

just for today, i want to use the wisdom this program has for me. i want to use all the tools and support that's here to give me the courage to do the next right thing. and above all, i want to go through my day with my head up, not down. i want to be happy, and have some pride in what i do. i don't want to look at the tops of my shoes any more (they're really not that interesting anyway). i want to look up, hold my head up, and wave bye bye to that cunning and baffling disease. because this program has made me smarter, and braver and stronger, has given me my life back.

may you, too, be smart and brave today. and stop looking at your shoes!!