

You owe yourself

You owe yourself the love that you so freely give to other people. - unknown

as i continue my readings in the BB, it strikes me over and over how 2 things are emphasized. one that this is a spiritual program. and second, that we recover when we reach out and help others. that's pretty remarkable. unheard of back in the day - only "professionals" could help. then Bill W. came along and found that it was really only other alcoholics that could help other alcoholics.

one of my character traits is that i move in pretty quickly to help others. i call it a "trait" because quite honestly, i'm not sure if it's a flaw or not. because sometimes i help others to the detriment of myself.

but i try to remember the instructions they give you when you fly. in case of an emergency, if the oxygen masks drop, put YOUR mask on FIRST, then assist the other people around you.

put your own mask on FIRST.

it needs no further explanation. it is emblematic for me. no matter how noble it is to help others, no matter how much i may want to help, if helping someone destroys me, it is a dangerous.

i put my ass in the chairs, read the literature, stay in touch with my sponsor, FIRST and foremost. thursday nights are sacred.

in fact, i kind of turn it around and use my compulsion to help as motivation. i can not help anyone else if i don't work my own program first. i HAVE to put my own oxygen mask on first. and this program gives me the life-giving air i need to continue.

so, before i reach out, before i lend my hand to another struggling COE, i reach for my own supports, for the things i need to continue and thrive and keep my COE in its place.

i love myself first, or i have nothing - no love - to give to anyone else.

put your oxygen mask on, my friends, and breath in deeply of this amazing program!!!