

From Negative to Positive

Writing based on Voices of Recovery, August 11

At the height of my disease I was a nightmare. I was very, and openly, critical of people, situations, etc. When I was confronted about my negativity I would say, "I only expect out of people what I would expect from myself." My character defect of perfectionism at its worst. While I wanted to be "perfect" (I now know perfect is relative) I was in crumbles on the inside. I would project what I wanted myself to be on people and situations; I was willful. I did not have the insight not to be judgmental. I was ungrateful about many people/things. I guess I had no compassion. This program allowed me to identify my character defects and how to redirect my thoughts. For example, in my head I still sometimes say something negative about a situation or person, but, because of the insight I gained, I try to catch myself and say something positive about the situation. I have gotten a lot better about verbalizing my negativity. I learned attitude of gratitude is a way of life, which makes my overall attitude positive. I would like to think I am more pleasant to be around. Also, internally I am less angry and less stressed.