

# Coping with Change

September 12



I watch a little girl stomp her feet, swing her arms and, through tears, cry, "I don't want to move, Mama. I don't want to move!" As this scene plays out, I am reminded of all the changes in my life, and how I fought against them. Fear of loss, abandonment, and starting over, threw me into an emotional meltdown. Like that little girl, I defiantly stomped my feet, but change came anyway.

Fear of change has the power to restrict breathing, as suffocating thoughts of what-if assail us. For many, the word *change* brings up bad memories. Some of us got divorced, lost children, lost jobs; others lost homes and everything material. Some lost their faith and themselves, along the way.

We know change is inevitable, but suffering is always optional. Knowing this doesn't make change any easier. What helps diminish the stress of change is to look at how far we've come by facing some of our greatest challenges. As we change our perception, we see how much better we are at handling changing situations and adapting than we have ever given ourselves credit for.

Most of us must deal with change, regardless of how we feel. In recovery, change is our only option if we want to live a contented and peaceful life in freedom. By now we have dealt with great changes and have come so far that to go backward would be self-defeating. We know too much about ourselves to not face this next hurdle of change and do it anyway. Staying put emotionally or spiritually in recovery must be non-negotiable, for our addictions never sleep.

And so, we change our vantage point. We have no choice but to grasp a faith we cannot see and throw ourselves into the light of hope.

As we lift our faces to the promise of spiritual alignment, we feel a presence. A warrior once more, we change ourselves to meet our

conditions. Stronger now, we have become resilient enough to face whatever comes next and we do. We are a miracle of change!

**TODAY’S MEDITATION**

I am in charge of decisions that affect me directly, every day. When I employ the power of my God, I have no fear of change because he is walking before me, leading my path.



*“Scientists have demonstrated that dramatic, positive changes can occur in our lives as a direct result of facing an extreme challenge - whether it’s coping with a serious illness, daring to quit smoking, or dealing with depression. Researchers call this ‘post-traumatic growth.’ — Jane McGonigal*

