

# Having Our Needs Met

November 24

Living with the disease of alcoholism, it was normal to blame others for our unmet needs. We blamed employers, spouses, and children when our needs weren't being met in the manner and time we *thought* they should be. As long as we indulged, we believed the burden of taking care of us belonged to the other guy. We saw no need to become self-reliant, and so we stayed the ever-stunted victim.

There are many ways to address the issue of having our needs met. Some of us do this passively, allowing others to tell us what we need. Others become angry, demanding our rights with complete disregard of anything or anyone else.

Then there are those who are calm, yet assertive, believing that to be in charge of one's life is to ask for what we need. Being assertive nurtures self-esteem, encourages compromise, and reduces anxiety, whether we get what we want or not. We already know the difference between what we want and what is necessary for our security, safety, and self-respect.

Recovery readies us to have our needs met by the actions we take. It encourages us to care for and accept responsibility for ourselves. Our newfound sense of self-reliance is powerful proof of a growing emotional maturity. As we develop honest assessments of what we need by searching within, our needs become fulfilled through collaborative action with our Higher Power and our own intuition.

We deserve to have our needs met either by ourselves, or through asking directly and lovingly for the help of others.

## TODAY'S MEDITATION

I remember that as a work in progress I will not always prevail; but if I don't ask, I won't receive.

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*"What we call happiness in the strictest sense comes from the (preferably sudden) satisfaction of needs which have been dammed up to a high degree."*

— Sigmund Freud

