

Regrets

June 29

Learning to identify feelings remains a challenge. In early sobriety the only feelings I was sure of were anger and regret. Both had to do with the mis- taken belief I was a bad, unredeemable person.

Recovery proves it is a short leap from regret to *poor me, pour me another one*. Everyone experiences self-doubt from time to time. But those of us in active addiction suffer acutely, hating ourselves from the inside out. No one knows like we do, how to throw a punch to maximize effect, and the preferred target of that punch is almost always ourselves. It's this sick thinking that returns us to the rabbit hole of self-pity. Stinking-thinking.

As we work The Steps, we become aware of old messages that speed our descent into self-pity. Once identified, we have a personal obligation to stop and change them. We cannot afford the luxury of allowing regret to define who we are. As we look for our successes, we focus our energy on resurrecting and acknowledging the rest of who we are.

Appreciating our strengths and our goodness with the focus on self-forgiveness, we have opened ourselves to the light of a loving acceptance of *all* that we are. At our core is an abundance of innocence and purity which significantly outweighs our regrets. We deserve to be swathed in forgiveness and to accept that when we know better, we do better.

Some of us begin to release regrets by sending a get-well card to ourselves. We list our assets and write gratitude. With practice, we remember we are so much better than we *think* we are. With trust in our Higher Power, we change the things that we can and we help others. No one can eradicate regret like we can.

TODAY'S MEDITATION

As I loosen the grip of my regrets with estimable acts, they haunt me less. Attention to my own goodness provides a freedom I never thought possible.

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"We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here NOW with the power to shape your day and your future." —
Steve Maraboli

