

I remember those first few months in recovery. I rode a pink cloud of sobriety where days were steeped in gratitude and that feeling that I had arrived, were ever-present. My family wondered when my meetings would end. "Just how long do you have to *go* to these meetings?" they asked. Although I no longer wreaked havoc, took control or made selfish demands of their waking hours, they never noticed food was on time, clothes washed, and the house clean, all jobs I previously neglected. I was changing, yet the family stayed confused, waiting for repeat performances of my drunkenness.

First instincts said, "Just go pick up a bottle. Maybe they are right." The way to sobriety was a slippery slope and the difficult changes necessary to maintain my sobriety only seemed to alienate me from my family. The fellowship and a sponsor encouraged me to stay the course and remember that I was the one needing to understand my disease, no one else.

We keep our program and many conversations of recovery to ourselves and walk our new walk with resolve while allowing family members to own whatever they feel. We remind ourselves each morning in prayer how powerless we are over everyone, except ourselves.

Today the most important thing we can do is to detach from fearful expectations and behaviors of others, and practice being the best person we can be through living amends. We change our *behaviors*, while something bigger than us is in charge of how this change affects others.

On good days, we are convinced our lives will unfold the way they are supposed to, without our interference. As we practice living life sober, we see these good days come more often. Continued forgiveness of ourselves makes it easier for our Higher Power to guide our lives in a way

we alone never could. We go to meetings even when others think we are cured. We know what we really have is a 24-hour stay of execution based upon the maintenance of our spiritual condition. Today? Anything could happen, and so we stay the course.

### **TODAY'S MEDITATION**

Dear God, thank you for encouraging me to attend to my behaviors and disease, instead of insisting my family and everyone change to suit me.

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*"I'm hopeful knowing that I broke the cycle for my children. They will never suffer having an absent nor an addict parent." —recovery.org*

