

Achievements in Sobriety

February 21

As a newbie in sobriety, everyone remarked how much I had changed. I couldn't see the changes they did and felt disappointed. I expected a newer, better version of me.

I remember asking, "Why am I not further along?" A sponsor suggested I write down everything I have done differently since recovery, so I did.

As the list grew, I saw I had set boundaries saying, **No**. I realized that I put my sobriety first. I had written gratitude lists and picked up the telephone to call new friends. I had become responsible at home and had quit blaming others. As I wrote about my accomplishments, a new image of me appeared.

My list included examples of the many changes we make each day but take for granted that confirm what others already know: we are being transformed. We accomplish much, day in and day out, but forget how far we have come. Writing about what we have done differently each day gives a new appreciation and understanding of the fears we've walked through.

For those who make these changes, they are baby steps, easy to write off as insignificant. However, each change we make is the precursor of miracles yet to come. We are gaining a warrior's strength in a way we might not see otherwise.

No matter how small, each achievement in sobriety builds the confidence necessary for us to persevere. As we become the rock of a deep and abiding inner trust, we feel certain we can stand on this rock when life gets tough.

TODAY'S MEDITATION

I am grateful I am on the right path. Sometimes quickly, sometimes slowly, change comes.

"Change your behaviors and your feelings will follow."--Susan McManhon

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