

Emotional Security

August 22

Walking into recovery, it was no surprise to be told my addiction career had set me back emotionally thirty years. I reacted to life much like a seventeen-year-old, which is what I was when my addictions began to take hold.

Emotional insecurity roared, proof positive of my relentless inability on any level to cope with negative life situations in healthy and acceptable ways. I was a mental-incompetent and blamed myself for every upset real or imagined. I had few examples of what normal was and possessed no resilience against fear. I stayed frustrated, depressed, angry, and scared. I stayed seventeen.

An emotionally secure person maintains a sustainable level of self-esteem and confidence with appropriate emotional maturity for the age. They handle situations with consideration for self-care while apologizing with ease. They catch negativity as soon as their inner critic tries to sabotage their efforts.

Emotional security begs the question, *“Do I want to be happy, or do I want to be right?”*

The satisfaction that comes with the ability to sustain emotional security continues to be a life-long discovery process as I leave seventeen behind and become the mature adult I was always meant to be.

TODAY’S MEDITATION

The degree to which I walk along spiritual lines, determines the harmony I feel with my soul and the universe.

“Emotional security is how we feel about our self, how good we feel in relationships with other people who are important to us (e.g. family), and how confident we are that things will turn out well for us.”—Dr Anil Kumar Sinha