

Being Gentle with our Words

September 17

As a child, my mother would implore me to think before I spoke. Once spoken, words become a permanent affront, not just to another, but also to our higher self.

Recovery teaches us to take what we need to hear and leave the rest. Most often, what people say has nothing to do with us. Knowing this reminds us just how *little* we need to take anything personally.

Since we are not responsible for what others say, only for how we receive what they say, the important lesson is to control what we can. So, we begin that control using only those words that come out of our mouths.

A.A. teaches us to speak from a place of kindness rather than self-righteous arrogance.

Remembering this journey is practice, not perfection, we continue to *think* before we speak and remember to let our knee-jerk reactions go. As we pause, we allow ourselves time to observe our motives for speaking. We make sure our opinion is asked for. Being gentle with our words becomes easier over time. Our attention to this practice allows us to not take anything personally. We ask ourselves, “How do I want to be heard?”

As sober men and women, we have an obligation to ourselves and others to speak from a place of compassion and integrity. In delivering only direct and kind feedback, we become trustworthy. What is important, is the delivery of our language of the heart, and that we choose our words gently and with sincerity.

TODAY'S MEDITATION

I must be responsible for my words today, that they reflect to others what my God would have me say. Anything else is old behavior.

“Wherever there is a human being, there is an opportunity for a kindness.”
—Lucius Annaeus Seneca