

Being Gentle with Ourselves

July 11

It feels natural for us to take care of others. We know intuitively what they want or need and we're there to provide it. With those we love and care for, we are especially gentle and kind.

But what about us? When was the last time we treated ourselves with kindness equal to what we give to those we love and care for? Some equate being gentle with ourselves with being deserving.

Those new in recovery rarely feel deserving. Often, they may turn away from being gentle with themselves with negative messages that say, *"That's silly!"* *"I don't have the time for that."*

Somehow, we always have time for others. Many of us just never give ourselves permission to attend to our own self-care. We who do so much for others deserve a personal self-check.

Learning to be gentle with ourselves is a commitment, a personal declaration that says we are *worthy* of self-care. Nurturing must begin with us if we are to have the inner resources to give care to those we love.

Maybe the best we can do is a thirty-minute soak in the tub or a ten-minute break with our feet up. For some, a personal hug at a tense moment in the day is a reminder of the need to be kind to ourselves.

Setting personal limits, exploring new boundaries for ourselves, and learning what we can do and what we can let go of, reminds we are no longer, all-or-nothing people.

Maybe a simple "I'm sorry I can't do that, but I could do XYZ," is in order when others ask for our help. We get to be in charge of what gentleness to ourselves looks and feels like.

Sobriety is the permission we've always needed to bring into sight how much we deserve to make our self-care a priority.

With your help, God, I remain convinced of how deserving I am. Today I will not minimize the importance of taking care of me.

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