

Earned Self-Respect

July 22

I remember reading a self-help book and thinking, *how does someone gain self-respect?* My sponsor reminded me that if I look within, every answer I need is there waiting for me.

Looking within, this is what I found.

We know how easy it is for us to cater to others and give them the respect we hope will come back to us. To earn respect from others, we must first be aware that self-respect is already available within us to give away.

Self-forgiveness replaces the negative energy that consumes our psyches. With practice, our pain is transformed by the softening caress of self-respect.

Maintaining a gentleness with ourselves when coming to terms with past failures enables us to remember we are worthy of forgiving ourselves, and we move on.

As we extend the same forgiveness to ourselves that we give to others, we become right-sized with our fellow men. When this happens, we realize we have been no better and no worse than anyone else.

Our thinking changes one thought at a time. Speaking in a positive, uplifting, and loving tone, we rule out negativity. This new gentleness with ourselves transforms us as we seek permission to accept loving care from those around us.

Our new-found self-respect says we deserve it. Today we know our truth.

With this attitude change, we notice that people in our new and sober world smile more, are approachable, and open their arms for a hug. Sponsors laugh and say, “Others haven’t changed, *you’ve* changed!” The power of a love of self with self-acceptance invites others to enter our personal space and meet us *where we live*.

With our newly earned self-respect, our insides match our outsides. What others see is our wonderful authentic selves.

TODAY'S MEDITATION

Respect is an inside job I must constantly nurture one day at a time.

“Stand up for who you are. Respect your Self and ignite the divine sparks in you. Access your powers. Choose your rights and work together with others to bring blessings into the lives.”—Amit Ray

