

Ego Deflation

February 12

Early in recovery, shreds of insanity give way to clarity. We see the complexities of our disease and how addictions take root in a soul-sickness that obscures our defects. We acknowledge that we have an over-inflated ego. Consumed by desires, we are convinced we need no one and nothing other than our drug of choice.

Many of us were ready for a complete overhaul, including an overhaul of our ego. Our sobriety cannot endure long-term without it. Still, our ego fights recovery whispering, "There's nothing wrong with you."

As we lie in the gutter, our ego proclaims, "You don't have a problem!"

The Steps are the taproot of a growing humility that admits how displaced our idea of our own omnipotence is. An image of who we really are appears as we stumble down from the throne. As EGO (Easing God Out) nudges us to climb back up, humility reminds us that all our best thinking got us was a seat in recovery.

We must get out of our own way and recalibrate our ego. When we experience *EGO deflation*, we become right-sized. Humility allows the restoration of an accurate sense of our importance and place in the Universe. When we regain emotional balance, humility replaces grandiosity, tolerance and acceptance as it smothers self-righteous indignation.

We're reminded that life is a daily lesson in powerlessness and letting go.

TODAY'S MEDITATION

Daily prayer helps me to keep my ego right-sized. I surrender to all I don't know and leave the unanswerable to my God.

"Every normal person, in fact, is only normal on the average. His ego approximates to that of the psychotic in some part or other and to a greater or lesser extent." —Sigmund Freud