

# Expectations of Ourselves

December 18

Growing up in our family disease of alcoholism and emotional turmoil meant expecting the sky to fall as I tried to be perfect and dodge accusations of wrongdoing. Predicting ever-changing expectations required telepathy. I sensed I never measured up, falling short of some imaginary expectation of others, a disappointment to everyone. I became a perpetual people-pleaser with an inferiority complex. It was a prime set-up for failure.

Recovery offers miracles of self-discovery. The Steps prove we only need to meet **our** own expectations of ourselves. We examine our motives. What are *our* expectations? What is important? What is it *we* need? How will this work for *our* greater good?

By learning to be true to ourselves, the word **no** becomes the road to a secure self-esteem regardless of anyone's acceptance but our own unless it enhances our highest-self.

Recovery promotes a trust of our loving, nurturing, inner-interpreter, whose purpose is to guide us through these and other questions of what we expect from the rest of our day. When we trust our Higher Power, clean house, and help others, our reliance upon our voice grows stronger.

## TODAY'S MEDITATION

Dear God, thank you for giving me courage to remember that expectations of myself are the ones I must scrutinize.

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*"I'm not in this world to live up to your expectations and you're not in this world to live up to mine." —Bruce Lee*

