

Getting Out of Our Comfort Zone

November 2

I have discovered that the ability to enjoy life and feel excited in my skin is in direct proportion to getting out of my comfort zone. I remained frozen in place in my addiction, wasting a lifetime, as fear ensured my failure. Negative thinking said to stay put, isolate, and trust no one. I relied on my only love and reliable constant of comfort—my drug of choice. I remained stuck at an emotional level and at the same age I began my addictive career. I had no coping skills to live life sober.

The Universe continues to open hearts to the fact that those of us under a sustaining grace of sobriety are absolute miracles because we have grown. Each day sober, we seek opportunities to face our fears by doing life differently. We know that whatever reminds us of ease and comfort is often a guise called, “stinking thinking.”

Staying outside of our comfort zone is where personal growth thrives. We honor ourselves as we rise above routine situations replete with cunning, baffling, and powerful traps to hold us back. When we're out of our comfort zone, we conquer our fears, taking control and grow in courage by doing it anyway, otherwise we remain stuck in negativity and immature thinking.

We are warriors on a personal quest for spiritual, emotional, physical, and psychological maturity. The more diligent and determined we are in practicing new principles of our program in all of our affairs, the stronger is our conviction, of who we want to become. We reach for faith and tenacity and set aside old ideas of what we thought we knew and we do it anyway, like it or not.

TODAY'S MEDITATION

God, thank you for endless opportunities to seek new strength and courage. My faith is in you.

"We have to be honest about what we want and take risks rather than lie to ourselves and make excuses to stay in our comfort zone."

—Roy Bennett