

Identifying Feelings

March 26

Each day we encounter situations that cause us confusion and frustration. In early sobriety we find that as we become honest, we see how powerless over everyone and everything we are, that we control nothing except ourselves.

As adults, although we are comfortable expressing disharmony and dissatisfaction, we cannot at times, find words to adequately express happiness and acceptance. Many of us feel too disconnected to do so while others feel only guilt or shame.

Some of us discover that writing what we are grateful for and answering how they made us feel, is a way to identify feelings. How does it feel to experience contentment? What words do we express to identify how it feels to be loved, validated and understood?

Buried beneath our woundedness is the open, honest, child-like wonder we forgot we are. Recovery affords us the chance to invite those feelings to once again flourish, because until we do, we will always settle for less from ourselves.

Courage provides the permission necessary to honor this part of us so long ignored. We create a list of the feelings we deserve and bask in the power of those positive words.

As we open ourselves on an emotional level, we become better at identifying the emotions we feel. Once we name the emotion, we can claim it. When we allow the word to become real, we replace indifference and negative sentiment that once hurt us. In naming and claiming our emotions, we are sure who we are right now.

What a joy it is to know words can't hurt us any longer without our permission. We honor ourselves with the voice of our choosing with the power of the words that identifies how we feel at the moment.

TODAY'S MEDITATION

Today I seek out positive truths about myself and allow them to be my light. I deserve to embrace every positive affirmation that is me.

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*"Feel the feeling as though the prayer has already been answered, and in that feeling we are speaking to the Forces of Creation, allowing the world to respond to us."—
Gregg Braden*