

Stinking-Thinking

October 25

Obsessive-compulsive thinking paralyzes us and elevates fear to extreme heights. This thinking grips our hearts with one hand and our souls with the other.

For those of us in addiction, this irrational fear *feels* real and is no less compelling than the drink or drug before us. It's called stinking thinking.

Stinking thinking thrives on the idea that if we are not found out we won't lose out. Ever-vigilant, stinking-thinking takes the role of a supreme bodyguard.

The first trigger to the loss of a hard-fought recovery, is our thinking. It preys on a deluded sense of self. Sometimes the imaginary committee, which is stinking-thinking, starts its incessant chatter days or weeks before *an event*. Thoughts of "Yeah, but," or an inner voice that insists, "You know you can't stop drinking anyway," sets the stage for an intentional relapse.

If not eradicated and replaced with positive thinking, our good intentions are sabotaged by these and other self-defeating messages. We buy the lie and resume our addictions right where we left off.

We're no longer fighting ourselves alone!

Our open hearts and minds provoke dominion over our thoughts as we walk together with our Higher Power. Our sacred rooms of recovery remind us we let go of fear-filled obsessive thinking by doing everything differently, one day at a time. In time, stinking thinking loses the powerful grip it once had over us as our spiritual consciousness becomes stronger, bigger, and more powerful than negative thoughts.

Still, every day is the day we must maintain focus on our sobriety or that committee returns demanding its original place in our thinking.

Practice strengthens our new reality and we shift closer to that person of integrity we have always wanted to be. Slow and thoughtful, we free ourselves of the negativity that bound us to our addictions. With the hand of

our Higher Power in ours, we bring stinking thinking into the light and feel courage rise over sad, mistaken beliefs that conspire to keep us sick.

TODAY'S MEDITATION

Old beliefs of stinking thinking are slowly being replaced with logic and maturity. The journey is always worth the walk into a nurturing, healing place of love.

"You are where you are, you are what you are, by what goes into your mind. Change where you are, change what you are, by changing what goes into your mind."—Zig Zigler

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