

# The Fixer

March 19

Those of us who take care of others wear many hats: head nurse, mother, spouse, wage earner, go-to person.

There is an imaginary pedestal we *fixers* stand on. We see ourselves as the on-call detective, the one who solves problems for others with confidence, satisfied to have answers for everyone. We are important, assured because someone needs us. If new in recovery we work all the harder to deliver whether or not we were asked.

Others have always found us to be effective, at least until they became healthy and no longer needed our help. When that day came, they found their independence. As we saw we were losing control over them we became overwhelmed and struggled even more to keep our authority over those around us.

Sustained recovery brings new accountability and independence to both ourselves and others as we take part in the delicate dance necessary to sustain relationships. Recovery teaches that love and tolerance is our code. We support the independence of others in our homes and friendship circles. When they grow up, no longer needing our help, we may find the path to loving communication and nurturing a hard one to walk. We are no longer in charge, no longer the fixer. Instead, we learn to detach with love and patience.

As our power wanes we strive for equality and stay engaged as a helpmate. Our pedestal is gone. As we rely more upon ourselves, we allow others to move at their own pace and assume responsibility for their transitioning. We focus on our journey. Acceptance, and *Live and Let Live* become redefined, one day at a time as we work together in our relationships.

## TODAY'S MEDITATION

Putting my needs first, I gauge how much is left to give to others and pray for the wisdom to know when the help I have to offer is no longer needed.

“Perhaps there could be no joy on this planet without an equal weight of pain to balance it out on some unknown scale.”—Stephenie Meyer