

The Need for Speed

September 24

Most days we get up and hit the floor running. In our minds, we're already obsessing about task number three. How do we become efficient at juggling, switching dates, commitments, kids, camps, cars, work, and babysitters? And where's the money for all the things on our must-do list?

Many of us come into recovery exhausted and guilt-ridden, overwhelmed by the belief we are in charge and bear responsibility for everything imaginable. In recovery, we are told to *Take it Easy*, or *Easy Does it*. We hear it is okay to take a deep breath, to eat, to sleep. Sponsors say, "You're just not that important," as newcomers ask "What does *any* of this have to do with our addictions?"

Absolutely everything.

We learn in our rooms of recovery how to change our obsessive behaviors and thoughts one day at a time. We are reminded to slow down. Take a break. Take a nap. Then slow down again. Just because our mind is racing, doesn't mean *we* have to. And when we slow down, our mind follows.

Nothing is important other than adjusting to this new world of sober and slow.

If we don't trim our sails to slow down, then we miss the chance to discern what's really important or to pick those battles that make a difference tomorrow. Then we get what we always got: more out-of-control insanity and a must-do list that drives us there.

TODAY'S MEDITATION

Just for today I will remember to pause, take a deep breath and ask, "How important is it?" Then I will do the same thing again, each time a must-do insists I pick up the pace.

"The road to recovery will not always be easy, but I will take it one day at a time, focusing on the moments I've dreamed about for so long."

—Amanda Lindhout