Having to Prove Ourselves

June 13

In my youth, I believed I owed everyone an explanation, and that giving that explanation would win others over. I thought you *wanted* my side of the story and believed that your knowing it would make you like me more.

It backfired. Because I did it for all the wrong reasons, I became confused, even paranoid, as I had no boundaries when it came to deciding what was too much sharing. The reactions of others made me feel manipulated, used, and inadequate. Today I know that it was *my* behavior that was manipulative.

The rooms of Al-Anon give us clarity to see we were always enough with- out explanation or justification. We learn to detach from our manipulative behaviors and live within mature boundaries. The acronym J.A.D.E. is code for the behaviors we no longer exercise. We no longer need to **J**ustify, **A**rgue, **D**efend, or **E**xplain our actions anymore.

After years of explaining and justifying ourselves to others, we discover that often, ten-words-or-fewer are enough to make our- selves understood and satisfy curiosity. Nothing more is required. Learning to live within the protection of our secure boundaries sends the message we no longer have to prove anything to anyone. We have become sure of our own goodness.

TODAY'S MEDITATION

What a miracle of transformation to not have to prove my worth with a long- winded explanation. I remember just for today, I am enough.

"Strong people have a strong sense of self-worth and self-awareness; they don't need the approval of others." — Roy T. Bennett