

# Think the Disease Through

January 12

Those of us newly sober struggle to stay away from our drug of choice. Without some power greater than ourselves to replace the incessant chatter between our ears, we pick up a drink or drug. It's the most natural thing for us to do. We must find a solution to get rid of that raw, physical ache in the pit of our stomach. If we do not, we are doomed to repeat what we've always done.

Recovery implores us to *think the disease through*.

We're asked to see ourselves as we are: half dead, devoid of love of self, and filled with pitiful, incomprehensible, demoralization. Some of us have physically harmed others and ourselves. Many have damaged property, stolen, cheated and lied to the point of disassociation. Still others have abandoned families and loved ones, harming everyone and everything in their path.

We haven't walked through The Steps yet! We haven't even learned how to crawl. With irrational expectations and exaggerated self-images, we are barely functional! If we are to stay clean and sober for the rest of today, we must *think our disease through* and remember what brought us here. The day we conveniently forget, is the day we stand on the edge of the cliff called oblivion.

Recovery provides a safe-haven for body and mind. We sit with others like us and, together, discover truths about ourselves. We begin to feel safe if just for this hour, as the clamor in our head gives way to calm. Experience shows that without the support of recovery and others in our rooms, most of us repeat our failures because we're still trying to do it our way.

When we gather, hope is available for the taking. In every city, in every state and country around the world, people just like us make the hardest walk of their lives into the sacred rooms of recovery.

## TODAY'S MEDITATION

I must never forget the nauseating self-deprecation and destruction that brought me to my knees. The miracles of recovery keep my disease at a safe distance. The process always works when I work it.

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*"With every step we take we have a choice to make. Our choices determine our actions Our actions determine who we are." — Randall*