

Balance

March 8

My mother worked hard to make everything perfect. Growing up in a home where perfection ruled, I adopted an attitude of why even try? I knew I could never measure up. The stress and tension of trying were too painful. Falling short reminded me I was never good enough, and failure was easier to live up to than perfection. It took a long time to realize perfectionism was my mother's way of making sure no one would see the depth of dysfunction that flourished in our home.

Perfection is not for us. It belongs to a much greater power. Recovery assures us that the middle of the road is where we need to be. Not too far left or too far right of center. We no longer see a black or white world. In all things, we change our thinking and find comfort in balance.

We start by letting go of our *must do today* thinking and the rationalization of *yeah-but's*, by using the mantra, *Easy Does It, but Do It*. The question, "Will it matter 24-hours from now?" is the gauge that measures what must be completed today.

As we become honest with ourselves and our Higher Power about priorities breathing becomes easier, and the allure of martyrdom lessens. We discern the difference between the need to put the dishes away and the need to spend time with family.

The grey in the middle is our pivot-point. It motivates us to ask our Higher Power, *how important is it? Will it add, or detract from what I need to achieve?* The more we honor our Higher Power and intuitive self, the closer we are to finding the balance that is our truth.

TODAY'S MEDITATION

I am grateful that the easier, softer way is in the grey. After all, perfection never belonged to me anyway. It belongs to you, God, who is absolute perfection in all things.

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"Give, but don't allow yourself to be used. Love, but don't allow your heart to be abused. Trust, but don't be naïve. Listen, but don't lose your own voice."---Luna Belle