

Fear of Fear

June 8

Fear. Worry. Dread. These emotions held me hostage for too long. As a child and into adulthood, I functioned on high anxiety, convinced if I lived the rest of the day, I'd be lucky. I was terrified of living, of interacting with others. I was afraid of everything.

The process through which we uncover, discover, and discard all the lies, denial, and pain that reminds us how different *we thought* we were from others, is slow but liberating. Recovery and the timing of our Higher Power allow us to peel back layers of fear.

As we traded fear for an even stronger faith, we began to see that these fears were never true to begin with! Despite the disasters we imagined, the world never ended. The other shoe never dropped.

Recovery proves the more we change everything about ourselves, one day at a time, the less fear overwhelms us. On most days, we remain free from fear, more serene and content than we ever thought possible.

The guiding hand of our Higher Power gives us the courage to move through our fears. Faith provides the courage to face those fears and walk through them with hope and confidence.

What happens when we face our fears? Old boundaries and behaviors that used to diminish our potential disappear. Positive thoughts and resounding tenacity expand our capabilities, and we change into the person of integrity and courage we always wanted to be.

TODAY'S MEDITATION

Thank you, God, for tools of honesty, open-mindedness, and willingness. With you, I never have to face anything alone, ever.

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"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me... Where the fear has gone there will be nothing. Only I will remain."—Frank Herbert