

Controlling Behaviors

July 20

I worked hard doing for my family what they should have been doing for themselves. I became the Queen of Questions. Terrified of surprises and the unknown, I thought that having answers to everything was what made me a good wife and mother.

I made it my business to know every movement, intention and proposed plan. The problem was, it wasn't appreciated. My husband and daughter became experts in hiding information from me and shut down emotionally when we were together.

Hurt and resentful at their need to keep me at arm's-length I became resentful. Obsessive and jealous, fear said I should exert *more* control. Fear was the tool of my control and it worked; but the price was a forced separation in my home from those I loved. It never made a situation better. We were trapped with nowhere to go, and no way to grow.

Recovery proves we are no one's keeper but our own. As we let go of control and return the focus of our lives back to ourselves, we learn acceptance of others right where they are. They deserve to experience their failures and successes without critique or criticism.

Practicing to *Let Go and Let God*, helps us to set down the rock of self-righteous control for a gentler, more humble position. Understanding that control is an old, displaced belief, we turn our family over to the care of our Higher Power.

TODAY'S MEDITATION

All I want today, God, is to be useful and kind to someone else. I see now, I never had any control to begin with, but you do. What a miracle.

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*"Codependents are reactionaries. They overreact. They under-react. But rarely do they act. They react to the problems, pains, lives, and behaviors of others."
—Melody Beattie*

