

Hurt People, Hurt People

September 20

I don't know anyone eager to admit wrongdoing, especially when those wrongs inflicted pain on a so-called loved one. Oftentimes it is our pride that is most affected—it shocks and humbles us that we have turned love into a weapon.

The Steps soothe the flame of raging defiance and hostility, overcoming our natural resistance to trust anything at all. We work The Steps because we suffer from sinking guilt and suffocating shame. Hurt people, hurt people. We work them because, by now, we're ready to see, and own, the harm we caused others. We work them because the knowledge of our indiscretions has been too much for us to bear. Trusted friends remind us that since we know better now, we have an obligation to ourselves to *be* better. In this our choice is clear.

Freedom from the bondage of self is what we're after. Having worked The Steps, our insides match our outsides. We move forward with the same intensity with which we used to secure our next drink or drug, but we move forward with a gentle awareness of the needs and feelings of those around us.

We are responsible, and remember the lengths we agreed to go in order to experience life-saving miracles of recovery. Engaged with our Higher Power, we seek a personal co-creation. With courage to do the work, we absorb life's serene blessings. As our hurt leaves us, the need to hurt others leaves us too. Another miracle of recovery happens as we wake up without revenge on our mind.

TODAY'S MEDITATION

Thank you, God, for the honor and grace it takes to continue to make amends. I've come too far now, to turn back.

*"The deepest wounds aren't the ones we get from other people hurting us.
They are the wounds we give ourselves when we hurt other people."
—Isabelle Carmody*