

Manipulation

June 21

It began with our first scream or smile at birth. We observed that crying, screaming, or laughing brought attention and relief. Someone came to our rescue. Someone showed us love. Growing up, we learned appropriate and inappropriate methods to get attention.

Sometimes our need for attention or help is born out of a selfish desire to satisfy our sense of entitlement, jealousy, greed, or insecurity.

As children, when our needs were not met, we manipulated others until we got attention. In adulthood, this manipulation proved less effective, and at times, even harmful to ourselves and others. We couldn't be trusted as our deceptions became demonstrably hurtful to those around us. We couldn't tell the truth from the lies we created in the service of manipulation, and when that manipulation failed, we found a sick comfort in our addictions.

As adults in recovery, we temper personal responsibility with compassion. We learn to say what we mean, mean what we say but say it nice. When we honor who we are by leaning on our authentic selves, the need for self-serving manipulation disappears.

With unabashed pleasure at our transformation, we dance with glee in the freedom to love ourselves and others. We have become sincere and thoughtful to those around us. Humbly, we acknowledge that our Higher Power is doing for us, what we could not do alone.

TODAY'S MEDITATION

God, I feel grateful tears as I recognize the closer to your spirit I stay, the freer I become.

“Love comes when manipulation stops; when you think more about the other person than about his or her reactions to you. When you dare to reveal yourself fully. When you dare to be vulnerable.”—Joyce Brothers