

HOPE FOR A NEW WAY OF LIVING

Growing up, I told myself I must be a loser because my parents said I was. I heard I would never amount to anything because that is what I remembered when I went to sleep at night. I made the connection right then that my parents' unhappiness was all my fault. I was filled with deep guilt and shame.

Alcohol and other drugs were my solution and, as if in a dream, I watched myself act out in ways I wouldn't have thought possible. The more I drank, the closer to self-destruction I came in my unconscious quest to prove my parents' right.

When I reached out in my darkest hour, recovery was there for me. A soothing haven of hope encouraged me to trust a new way of life with others. Armed with friends who applauded my successes and, with the help of a Higher Power, my life and my story changed.

I began to shred the lies of guilt and shame by replacing them with positive truths about who I am today. What happened was 'then,' but this is now.

Today I no longer resemble that pitiful, incomprehensible victim who walked into the rooms of recovery long ago. I no longer hear the voices that told me I was nothing. My life is a miracle, an example of strength, love, and truth as I trust my faith for a new way of living.

TODAY'S MEDITATION

I am so grateful to be convinced that since The Steps work for me; they can also work for you, if you are willing to work for them.

"Rarely have we seen a person fail who has thoroughly followed our path..."
—Alcoholics Anonymous