

Over the last two years, blessedly clean, abstinent, sober and increasing peace of mind one day at a time I have had the blessing to grow in myself, relationships with others and God as I understand him, recovery and practising what it is like to live a constructive useful life, one that is gradually moving away from selfishly fulfilling my own desires, wants and demanding expectations. It has involved taking action each day and asking for a clean, abstinent, sober day with peace of mind as well as being guided by fellows whom have experienced what I experienced.

I have stumbled make mistakes and felt the world was going to end, not to mention the false guilt and pride that I was a terrible person. The hardest thing I have found in recovery is being humble and not letting my pride grow and then admitting and surrendering when it has grown. Things would go along well in recovery such as new employment, financial fears resolving, family resentments fading, ability to not run for help when work was challenging and then I would think-thanks P.F.A./God I've got this now, look at me soar, look how far I have come, I, I,I. And as soon as the blink of the eye I took the reins back and was in emotional turmoil, unfortunately this has been a slow learning and continually I fall and make mistakes and think this is too hard, I want to go have fun with others my age, HOWEVER the reality is I am not like other people, I am a processed food addict and thank fully have a 12 step way of life that guides me to live an amazing life, IF I only step to the side and let the miracles unfold. I would much rather chose recovery and the action I put in today, than living a life ingesting processed food, pursuing unhealthy relationships and in constant fear, anxiety, dread, remorse and searching for a way out. I pray for myself and those reading one day at a time recovery, humility and patience to live a spiritual life.