7-13-11

First Al-Anon meeting. I have been waiting for days to decide what to draw or write in this new sketchbook – I figured it out tonight. I will start in the beginning – step 1.

I spoke tonight. I was the first to speak – only because I had to sit with my back to the corner – this made me first up – set the tone. I could have – and even thought I would speak about my Mother and Kim – and 5/25/11 when I figuratively killed my Mother on Facebook – but I didn’t. The meeting was about Step 3 – Self-will and giving it over to your “Higher Power”. Suddenly, I realized that I am 30 years old and have been married twice and had 4 back-to-back-to-back relationships. I ended each one because of something unfulfilled within myself… and I started the next one so that the new person could give me what the other didn’t. I used each one – no matter if I loved them… because I did. I did love each one. But it’s always been about me. My needs and my survival. When I felt like I was drowning, I clung to the person like a raft until I no longer needed them for support or until they could no longer support me. I am here tonight for change. I want to change myself and the habits that make me repeat myself over and over. I want to understand myself – my flaws. I want to be okay with me… and not require another person to make my life valuable. I hurt others repeatedly because what I think in the beginning is real – but then… years later, I know the truth that’s been in the pit of my stomach since day 1 is right – I used them too… Again.

So, my goals for now are – attend meetings. Go to church more because I need that spirituality and friendship – not a relationship. The hardest thing I will do – set boundaries for myself. I will analyze which boundaries are needed – not for playing games or self-satisfaction or experiments with women. Real boundaries – and stick to them. I need a sponsor!