7-18-11

Al – Anon Meeting. AKA: “Fight Club”

2 Quotes:

1. Feelings aren’t facts. No matter how intense the feelings may be, they are only feelings. They are reactions to, rather than reflections of, reality. Therefore, they are not necessarily the best basis for decision-making.
2. There is nothing either good or bad, but thinking makes it so.” Shakespeare

I didn’t want to come here tonight. I gave myself excuses why I shouldn’t – like the need to nest at home – in my new bedroom – or to do artwork. But, then where would I be? What would I have learned? I need to stay in the day – Ready the literature, and follow the program. Take life as it comes and don’t try to force it. This is my goal: do not let my feelings cloud my judgement – and don’t let my feelings speak for me. Instead, stay silent – say I’m taking it in… processing or I’m not sure how I feel about that – I need to go slow and let life happen – enjoy those moments that are given to me. Every second is a gift.

I want to appreciate those gifts more.

I am powerless but I can grow.

Note: Ey is a good friend. –Stay the course.

\*Remain Abstinent!\*