

Every day, I read the Voices of Recovery, then write about what I've read, where I see myself and my recovery in the writing. Then I send it off to 18 fellows in our program. Today, February 11, the page resonated so strongly with my program of recovery, that I was encouraged by my fellows to share with my SWFLlg fellows. SO, HERE GOES...

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God bless George Santayana. His words, used in FT so they're not supposedly outside issues (a big fat gray area there) ... are guiding life-principles for me...

"Repetition is the only form of permanence that nature can provide" is one of his other FT quotes.. in other words,, do today what worked yesterday.

And that quote goes hand in hand with today's, "Those who forget the past are doomed to repeat it."

In the BB it says, "Remember we deal with food... cunning, baffling powerful. " for me REMEMBER is the most important word in that sentence because we addicts, no matter what form or substance, have a built in forgetter. In my 3 years of relapse I forgot the memory of the suffering and humiliation of a week or a month...or a day...ago. I forgot I was defenseless against that first compulsive bite. And so...to quote today's writer..."Tomorrow," I would say, "I will lose weight," but tomorrow I forgot yesterday's misery."

Today, I refuse to be miserable.

Today, I refuse to kill myself odaat.

Today, I refuse to kill my spirit, my verve, my soul.

So, I commit to remember...REMEMBER I AM.NOT ALONE, REMEMBER I HAVE A SOLUTION, REMEMBER THE UNIVERSE LOVES ME AND HAS PLEDGED TO SUPPORT ME, REMEMBER I HAVE MADE A COMMITMENT TO ABSTINENCE AND RELIANCE ON THE UNIVERSAL FORCE, MY HP, TO LIVE AS HP WOULD HAVE ME LIVE.

This commitment I have made with my HP keeps me on the road of recovery, keeps me the woman I've always wanted to be, keeps me grateful and generous, gives me integrity and patience. Gives me authenticity.

I don't ever want to go back to the misery of relapse, but 20 years away from it, I know it's just out there, in my back yard, waiting for me to invite it in so it can, like a parasite or a vampire, suck the life of of me.

If I'm going to surrender, I'll surrender to my hp, to my recovery, not to the disease. Been there. Done that. As I remember with sufficient force the suffering and humiliation, I commit to myself, to hp and to you... not going back there odaat.

Grateful to Remember.

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