

This quote from our Voices of Recovery book really resonated with me:
Today, I know that immediate gratification is not the answer for me. "

When I first came into program I heard I had a weight problem. My head nodded. Then the person said, "I can't wait for anything. "

Get it...weight/wait... yup, this baby couldn't wait for anything. All I wanted was immediate gratification... so I ran on impulse/ compulsion... and as the 12&12 says in step 1, I "never grew up".

I made a decision long ago not to let the baby run the show. I'm an adult... in OA I learned how to reparent myself with love, kindness and discipline... not "you bad girl" discipline, but the discipline that comes with gently and lovingly steering me toward learning healthy behaviors and attitudes and toward unlearning old faulty messages and behaviors.

I'm grateful to be a grownup instead of a temper tantrum throwing whining out of control baby. Thank you OA, thank you HP and thank you to me for deciding, at last, to grow up.