

Every single word is underlined in bright colors, going from hopelessness to hope. I came into recovery with a background of shame, guilt, fear and resentment. I could not understand why I was not accepted by others. I knew I was a good person, always offering to help others. Maybe, just maybe, my size turned people off.

I did not accept myself, sometimes living in a fantasy of what my future would look like.

The first words I heard from the leader at my first meeting was "I have a disease of fear, doubt and insecurity, that has manifested itself into compulsive overeating. It is not a moral issue." I had been made fun of since the age of 5, so I wondered if I was born into this disease. I learned my disease is progressive, but if I work on my recovery every single day, my recovery would make me stronger against my disease.

My attitude of negativity got less and less, as my recovery got stronger. I did everything asked of me, which was hard at the beginning, as it was 'suggested' that I put this program first, ahead of my family. Against my own judgment, I did that, and have been successful. Unfortunately, my mind did a blip, which turned me off my strict behaviors and set me back. I have never wavered since.

As I work on the steps daily, my gratitude for being chosen for recovery grows stronger each day. My relationship with G-D is wonderful, my sponsors have always been wonderful educators, my service level has increased, and most of all, I love myself. I have asked for forgiveness of the young Roz as I didn't know any different, but now I do.

I can not believe how positive I have become. I once was told by a person who was leading a study of the promises that he hears negativity from me, and if he heard it, then my brain heard it, and negative thoughts lead to negative actions. Never again! I speak positive because I am positive. I am where I belong. Thank YOU G-D for bringing me where I need to be.

Roz S.