

## Patient with the Process

Just weeks after a milestone birthday, I broke my hip in three places. I'd been shooing a lizard off my front porch, and when the lizard leaped, I reacted to its sudden movement and hit the floor. I exited my house on a stretcher and spent months recovering.

During the mending period, I had time to *think* about how Al-Anon applied to my current circumstances. Step Twelve tells me that I can practice program principles in all my affairs, and this affair was no different.

"Gratitude" surfaced first. A top orthopedist performed my emergency surgery because he was on call. My body now has mobility since I was approved for extended rehab. Family and friends were unwavering in their care and encouragement. There were reasons to be hopeful.

I had time on my hands but could do little. Whenever my brain switched into fix-it mode, I was reminded of my wobbly legs and weakened body. I was unable to be of service by bringing a meeting to someone who may need it, drive my granddaughter to soccer, walk the dog, or rescue a distraught friend. Bound by my body's limitations, I was forced to focus on myself like never before. I thought of the slogans "First Things First" and "Let It Begin with Me."

I was often impatient with the process. I resented carefree runners breezing by my door and felt frustrated by my slowness and uneven gait. Recovery was taking too long, and it hurt too much. Then I would remember, "One Day at a Time," "Easy Does It," and "Keep It Simple." These slogans that had sustained me through the many crises of active alcoholism and beyond were very useful in this situation too.

I see daily proof that "this too shall pass." I am healing, moving forward, and embracing existence. Once again, Al-Anon principles have enhanced my life.

Commented [CC1]: I saw your changes in the other document, so I added them here.

*By Thea J., Georgia*

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