

I Didn't Want to Look at Myself

When I look back at my past decisions, I can honestly say that I spent more time trying to fix others than working on myself. I probably did this because I didn't want to look at my defects. I didn't know I had any. Maybe it was denial that helped me cope. I deflected. In my childhood, feelings weren't discussed, and self-reflection wasn't a part of life. You just "got by." Mom and I were on welfare, so there didn't seem to be many choices; we'd move our furniture around to make it seem like it was all new. Ta-da! A new perspective.

In some ways I was successful, but emotionally, I wasn't mature. Some days I still find myself doing the same things while expecting different outcomes. I react quickly, looking for an instant fix or sometimes pity. I don't like sitting with my thoughts or emotions for too long. Maybe I can only handle a little bit at a time. But thinking before acting, I can use that pause to make better choices, which will help me feel better in the long run. Maybe I don't have to force success or even force sanity. Maybe I just have to trust that my Higher Power can take care of whatever it is when I ask for help in making healthier decisions.

I have the choice to act differently and therefore be healthy and whole. Thanks to Al-Anon for teaching me that letting go of my control can, in fact, bring me peace.

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