

Letting Go of Control

June 20

I used to believe I was in charge of everything even as my life spun out of control. By delegating I let you control me, let you be the one to prove I still existed. In exchange for this surrender, the expectation was you would accept and approve of me, listen to me, act in my best interest. It was my personal set-up for failure, and it worked every time—my disappointment was guaranteed. Still, I tried to control everything by controlling others, thinking this would ensure an outcome that met *my* approval. The harder I strove to handle my world by manipulating you, the less real control I had.

Then came a lightbulb moment in recovery. In the Serenity Prayer's last stanza, it says, "...and the wisdom to know the difference." In that instant, I saw I had control, but it could not be exercised by manipulating you. I had to take it back, own it, and be responsible for *me*.

No longer will I look to others to define me. With the guidance of my Higher Power, everything I need is within me. What a blessing it is to realize control begins and ends with me alone. I am free, now, to go the distance by looking deep within and reclaiming the person of worth I have always been but never knew.

Self is the only thing I can control, and I take that control back.

TODAY'S MEDITATION

I'm finally convinced I can only change me, and that is more than enough.

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"In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present."—Lao Tzu

