

Week 3 - Day 3 - There is a Solution - Dr. Jekyll and Mr Hyde

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Chevra

I've read a lot of self-help books. I've gone to a lot of seminars. I've heard a lot of speeches about self-transformation.

And while I may have been inspired; I noticed how after a few days or maybe a couple of weeks, I can barely remember what I was suppose to learn by these programs. Do you know this feeling? Of being motivated by something - only to find the "fire" inside barely a glowing ember in no time?

That's why I feel so fortunate to be in the 12 Step Program with a Guidebook that tells me straight out:

- If you are an addict who wants to get over it, you may already be asking - What do I have to do?

And then, it tells me right away:

- It is the purpose of this book to answer such questions SPECIFICALLY.

Wow, can they make it any clearer for our hard-headed and thick skulls? I really like that. And more than that - I really need a Program that will tell me exactly what I need to do.

For probably the first time in my life, I can ***let go of the stick*** and know that there's an Instructor who I can Trust and turn to for complete directions!

We read further today about the similarity we all have with the very sobering and famous story of Dr. Jekyll and Mr. Hyde.

Thank you Steve for reminding us what this story is all about.

Everyone I know who has entered this Program totally relates to this phenomenon of the addict - On the One hand; well liked and respected, successful in many personal endeavors, appearing normal to (mostly) all around him. Yet on the Other hand; dishonest and selfish, manipulative and cunning, greedy and arrogant.

Who can demonstrate such contradictory behaviors?

Who doesn't feel happy in his own skin (hide)?

Who does terrible things when he (hides)?

Just look in the mirror and see what mind-altering formula is in your laboratory.

Fortunately, ***there is a Solution!***

Keep coming back, because it works if you work it and your worth it!

Looking ***FORWARD***,

Duvid Chaim

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