



An Attitude of Gratitude

As I start 2018, I reflect on all the blessings I have been given in 2017:

- I nursed my first child and became pregnant with my second;
- I moved into my own home and brought a decent secondhand car;
- I have been given the strength by my Higher Power and the support of the fellowship to deal with my husband's ill health and the financial insecurity resulting from my husband not being able to work.

This is a far cry from the attitude I had during my years of compulsive overeating and all those years of trying to control my inevitable weight gain. Throughout that time, my head was full of depressive thoughts and consumed with the need to "sort myself out" and "get to grips" with my uncontrollable eating habits; being consumed by this illness was soul destroying.

Today my food is not perfect, but the extremes of my compulsive overeating have been ironed out. I no longer isolate to binge. I no longer use laxatives or run marathons or take a concoction of drugs or purge or skip meals to control my weight. In fact, living an imperfect existence is one of the major triumphs of my recovery.

Perfectionism is a characteristic that has exacerbated my compulsive overeating. I still have to work steps 6 and 7 to ask my Higher Power to remove this character defect because "perfectionism" affects my pride and ability to be honest about my behaviour.

Today I work on my honesty. I try to be available for others, consistent in my behaviour, as well as reliable and responsible. I use the OA programme, the steps, the traditions, working with others and my Higher Power to teach me how to show up for life.

I still have a service position, a home group, a sponsor and sponsee; I still work the steps and read OA-approved literature. I retain an 'attitude of gratitude' and follow a food plan imperfectly to keep my compulsive overeating at bay one day at a time.

Today I know I have lots to be grateful for.

Shelley