

How to do your 4th Step in the Column Inventory Format

*Presented at the Compulsive Eaters Anonymous – H.O.W. Global Convention
“Knowing a New Freedom”*

July 27, 2013



Welcome to everyone!

- Let's open with the Serenity Prayer
 - ◆ *God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*
- Workshop introduction

Introductions

- Who am I?
 - ◆ A compulsive eater 😊
 - ▶ Date of Abstinence: Jan 31 2007
 - ▶ I've been maintaining a 70 lb. weight loss for over 6 years
 - I am 5'6"
 - My highest weight was 215 lbs.
 - I'm maintaining my goal weight of 145 lbs. (size 6/8)
 - ▶ I am a FISM Sponsor (available for outreach)

Before and After Pictures

- I have an album of “Before and After” photos up at the front (come up later and look!)
- But here are two photos I will share with you...

Before

In my late 20's, heavy



After

*In my mid 40's, at goal weight
(Disneyland Half Marathon)*



Overview of the Workshop

- I'll give a brief intro of what our 12 Step Recovery Program is all about
- But then we'll focus on reviewing what a "Column Inventory" is
 - ◆ What the heck is that, anyway? 😊
 - ▶ An additional way of doing a 4th Step Inventory
 - ▶ Let me emphasize that this *supplements* (it does not replace) the existing CEA-HOW Step 4 Inventory questions
 - ◆ In this workshop, we'll give you some time to actually practice doing a Column Inventory
 - ◆ When we're done, you'll have all the information you need to do your own complete Column Inventory, if you choose

A few logistical FYI's

- We do have a microphone here if anyone wants to ask a question, or share anything that they've write in today's workshop
- However, keep in mind that we are being recorded
 - ◆ this will eventually be posted on the CEA-HOW website
 - ◆ therefore, before you speak, you'll need to sign this form at the front
- This is will be a 90 minute workshop
- Any questions?

Overview of a 12 Step program of recovery

- For those of you NOT familiar with CEA-HOW, let me take a few minutes and give you a basic introduction
 - ◆ Who are we?
 - ▶ Compulsive Eaters (Overeaters, Undereaters, Binge eaters, Anorexics, Bulemics, etc.)
 - ▶ We all have some type of eating disorder
 - ▶ The key issue is that we have each decided, for ourselves, that our lives had become unmanageable
 - ▶ We found that working a 12 Step program of Recovery can provide relief from Compulsive Eating, so that we can get out of the food and on with our recovery

What is a 12 Step program of Recovery?

- AA (Alcoholics Anonymous) was the first “12 Step” program
- It was founded in the 1930’s by Bill W. and Dr. Bob, two Alcoholics, who found a way to stay sober by following the 12 Steps
- A twelve-step program is a set of guiding principles outlining a course of action for recovery from addiction and compulsive or other behavioral problems that were originally developed by Alcoholics Anonymous

The 12 Steps of Alcoholics Anonymous

1. We admitted we were powerless over food and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as *we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as *we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.

The CEA-HOW Concept *(worth reviewing again here!)*

The Compulsive Eaters Anonymous-HOW Concept has been formed to offer the compulsive eater who accepts the Twelve Steps and Twelve Traditions as a program of recovery a disciplined and structured approach. The CEA-HOW Groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the CEA-HOW Concept will offer any sustained abstinence to those of us whose compulsion has reached a critical level.

Therefore, the CEA-HOW plan of eating, steps, traditions and tools of recovery are not suggested. Rather, we accept them as requirements for our recovery.

Meetings are dedicated to the concept of remaining Honest, Open-minded, and Willing to listen - this is the HOW of the program. We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security that will enable us to experience a new unity and wholeness with all those around us and that the CEA-HOW ideal will help us to progress in our program of recovery on a daily basis.

To be certain, much of our strength is found in the structure of meetings and in the daily adherence to the program as it is written in our literature.

Each Group also firmly understands that after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.

We ensure our continued and sustained abstinence from compulsive eating by being forever aware that God is doing for us what we have never been able to do for ourselves.

May God, as each of us understands Him, open our minds and hearts to the love which is manifest in this room. Amen

Key Point: Don't do the Steps out of order...

- Do them one at a time, Step 1 through 12
- “A Sponsor will help you work through the 12 Steps” (from the CEA-HOW Tool line on Sponsorship)

For today's Workshop: focusing on the 4th Step

- The 4th step states: “Made a searching and fearless moral inventory of ourselves”
- Defining the word Inventory:

in-ven-to-ry

/noun

1. a complete listing of merchandise or stock on hand, work in progress, raw materials, finished goods on hand, etc., made each year by a business concern.
2. the objects or items represented on such a list, as a merchant's stock of goods.
3. the aggregate value of a stock of goods.
4. raw material from the time of its receipt at an industrial plant for manufacturing purposes to the time it is sold.
5. a detailed, often descriptive, list of articles, giving the code number, quantity, and value of each; catalog.

Page 64, paragraphs 2 and 3 of the Big Book says:

“A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. IT is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.”

So, how exactly do you do a 4th Step Inventory?

- CEA-HOW has a whole set of Inventory questions
 - ◆ There are 171 questions in the official CEA-HOW 4th Step
 - ▶ These are in the Sponsor Guidelines book
 - ▶ A CEA-HOW Sponsor will help you work through all the questions, one day at a time
 - ◆ Those are the only Inventory questions *required* by the CEA-HOW program to complete your 4th Step
- However, some Members have found that doing a **Column Inventory** (like it is described in the Big Book) is helpful to supplement the existing set of CEA-HOW Inventory questions

So, what is a Column Inventory?

- The 4th Step questions are formatted in a Column format, just as it is presented of Page 65 of the Big Book

<i>I'm resentful at:</i>	<i>The Cause</i>	<i>Affects my:</i>
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) Security. Self-esteem (fear)
Mrs. Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear)
My employer	Unreasonable—Unjust — Overbearing — Threatens to fire me for drinking and padding my expense account.	Self-esteem (fear) Security.
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride—Personal sex relations— Security (fear)

How many Columns are there?

- For Resentments, there are the three columns mentioned on the previous page
- But then Page 67 of the Big Book, paragraph 3 goes on to say...
 - ◆ “Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man’s. When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight.”
- Therefore, there are two additional Columns referenced in the Column Inventory format we’ll be talking about today:
 - ◆ One to address “What was my part in the situation?”
 - ◆ And one to address the Character Defect(s) we exhibited in the situation

Why bother doing an Inventory in the Column format?

- It's another way to help uncover *all* the issues you have to deal with (the format of the questions might be easier to drill down into various issues)
- It also clearly identifies our Character Defects, all in one place
 - ◆ And that sets us up to do the subsequent Steps...
 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 6. Were entirely ready to have God remove these defects of character.
 7. Humbly asked him to remove our shortcomings.
 8. Made a list of all persons we had harmed, and became willing to make amends to them all.
 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Do you have to do a Column Inventory?

- No! Within CEA-HOW, it's just optional 😊
- Again, the column format just asks us questions in a different way, helping us to uncover more of our own issues
 - And why is it important to uncover *all* the issues?
 - Pages 58 and 59 of the Big Book have these well-known quotes:
 - “Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves...they are naturally incapable of grasping and developing a manner of living which demands rigorous honesty.”

More Big Book quotes from Pages 58 and 59...

- “If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.”
- “With all the earnestness at our command, we beg of you to be fearless and thorough from the very start.”
- “Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.”



Personally, I felt like I wanted to “get that room completely clean!”

BB Page 55, Paragraphs 2 and 4 goes on to say...

- “It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.”
- “We turned back to the list, for it held the key to the future. We were prepared to look at it from an entirely different angle. We began to see that the world and its people really dominated us. In that state, the wrong-doing of others, fancied or real, had power to actually kill. How could we escape? We saw that these resentments must be mastered, but how?”

So, in summary...

- This set of Column Inventory questions is an *optional* tool to supplement (not replace) the existing set of CEA-HOW 4th Step Inventory questions.
- The goal is to help further relieve us of emotional burdens some of us have carried our whole lives
- Let's now review the Column Inventory Format
 - ◆ There are 3 main Inventories that that Big Book talks about
 - ▶ Resentments
 - ▶ Fears
 - ▶ Sexual issues
 - ◆ We'll review each Inventory, and give you a chance to practice filling this out
 - ◆ Let's distribute the Handout for today's workshop...

The Resentment Column Inventory

- Turn to page 6 of the handout
- Reviewing the Columns for the Resentment Inventory
 - ◆ **Who am I resentful at?**
 - ▶ Person, Institution or Principle
 - ◆ **What's the cause?**
 - ◆ **Affects my...?**
 - ▶ Page 42 of the Twelve Steps and Twelve Traditions states that we have three basic life instincts
 - Social – our need for acceptance, recognition, attention, being with others, wanting to lead or follow others, etc.
 - Security – our need for shelter, clothing, food, money, safety, etc.
 - Sex – our basic need to enjoy sex and to procreate, although it is noted that some people have suppressed this need because of past hurts
 - ◆ **What was *my* part in this?**
 - ◆ **What are *my* Character Defects exhibited here?**

Let's practice filling this out for Resentments

- Start with one Resentment
- Start filling it in for each of the columns
- Reminders
 - ◆ There is no *one* right way to fill out the Column Inventory; the key point is to just fill it out in whatever way is comfortable (or *least* uncomfortable!) for you
 - ◆ Don't forget this is YOUR inventory (not the other person's)
 - ▶ Yes, others may have done wrong, but you're trying to uncover what (if anything) you did in the situation that caused harm
 - ▶ It's easy to get off track writing about other people's mistakes, but try and stay focused on what *you* did to contribute to the Resentment

You have 10 minutes

- *(feel free to go on and write about more than one Resentment, if you finish early)*

Time for sharing

- Would anyone like to share on what they wrote?
 - ◆ If so, remember to sign in first
 - ◆ We'll have up to 3 shares, 3 minutes each (timed)
- Just a few notes regarding feedback...
 - ◆ A Sponsor's job is mainly to listen to a Sponsee's Inventory
 - ◆ But sometimes, these questions can also be helpful:
 - ▶ *In this situation, is there anyone else you're resentful at?*
 - ▶ *Was there anyone else hurt in the situation?*
 - ▶ *Is there anyone else involved in the situation that you need to write about?*
 - ▶ *Are you resentful towards yourself? Do you need to write more about that?*
 - ▶ *Are you resentful towards your Higher Power? Do you need to write more about that?*

Regarding finishing the Resentment Column Inventory

- If you decide you'd like to eventually do a Column Inventory on your Resentments, you'd eventually continue writing on each resentment you have
- There are a couple of ways you can share this with your Sponsor:
 - ◆ Some people write on a separate Resentment each day, and read that to their Sponsor in their daily calls
 - ◆ Some people spend a few weeks filling in all of their Resentments, and then schedule a few hours to read it to their Sponsor in one sitting
 - ◆ It's whatever works best for you and your Sponsor
- How will you know when you are done?
 - ◆ When you've gone over all your Resentment (some people have only a few; some people have many)
 - ◆ As the Big Book says in paragraph 3 of page 58, "We beg of you to be fearless and thorough from the very start."

Any questions?

The Fear Column Inventory

The following is a quote from the Big Book, Page 67, starting in paragraph 4:

“Notice the word ‘fear’ is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, the employer and the wife. This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve. But did not we, ourselves, set the ball rolling? Sometimes we think fear out to be classed with stealing. It seems to cause more trouble.

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn’t it because self-reliance failed us? Self-reliance was good as far as it went, but it didn’t go far enough. Some of us once had great self-confidence, but it didn’t fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way—we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.”

Introductory Comments on the Fear Inventory

- Turn to Page 10 of the Handout
- Reviewing the Columns for the Fear Inventory
 - ◆ **Who/what do I fear?**
 - ◆ **What am I afraid of?**
 - ◆ **What part of Self is affected?**
 - ▶ Social, Security, Sexual needs
 - ◆ **Where does this lead me?**
 - ▶ What's the result of me having this fear?
 - ◆ **Character Defect(s)?**
 - ▶ Examples include Selfishness, Dishonesty, Frightened, Inconsiderate, Pride, Lust, Anger, Greed, Gluttony, Envy, Procrastination, etc.

Let's practice filling this out for Fears

- Start with one Fear
- Start filling it in for each of the columns
- You'll have 10 minutes to write
 - ◆ *(feel free to go on and write about more than one Fear, if you finish early)*

Time for sharing

- Would anyone like to share on what they wrote?
 - ◆ If so, remember to sign in first
 - ◆ We'll have up to 3 shares, 3 minutes each (timed)

Regarding finishing the Fear Column Inventory

- If you decide you'd like to eventually do a Column Inventory on your Fears, you'd eventually continue writing on each Fear that you have
- There are a couple of ways you can share this with your Sponsor:
 - ◆ Some people write on a separate Fear each day, and read that to their Sponsor in their daily calls
 - ◆ Some people spend a few weeks filling in all of their Fears, and then schedule a few hours to read it to their Sponsor in one sitting
 - ◆ It's whatever works best for you and your Sponsor
- How will you know when you are done?
 - ◆ When you've gone over all your Fears (some people have only a few; some people have many)
 - ◆ As the Big Book says in paragraph 3 of page 58, "We beg of you to be fearless and thorough from the very start."

Any questions?

The Sexual Relations Column Inventory

The following is a quote taken from the Big Book, pages 68-71

“Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It’s so easy to get way off the track. Here we find human opinions running to extremes—absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower nature, a base necessity of procreation. Then we have the voices who cry for sex and more sex; who bewail the institution of marriage; who think that most of the troubles of this race are traceable to sex causes. They think we do not have enough of it, or that it isn’t the right kind. They see its significance everywhere. One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter of anyone’s sex conduct. We all have sex problems. We’d hardly be human if we didn’t. What can we do about them?

We have reviewed our own conduct over the years past. Where had we been selfish, dishonest or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it.

In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test—was it selfish or not? We asked to God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.

Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.

God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice.

Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are the facts out of our experience.

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache.

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will towards all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.”

Introductory Comments on the Sexual Relations Inventory

- This is a very, very sensitive subject
 - ◆ It is best left for detailed discussions between you, your Sponsor and your Higher Power
- Therefore, we'll have some time in today's Workshop to practice writing on this subject, but we will not have any shares on this afterwards
 - ◆ Note: If you do have any questions, feel free to come up afterwards and ask me
 - ▶ I'll help you however I can
 - ▶ Just keep in mind:
 - I am not a trained therapist
 - I am just a Compulsive Eater who does my best to try and work the principles of the 12 Steps and Traditions in all my affairs

Let's practice filling this out for Sexual Relations

- Turn to Page 15 the Handout
- Reviewing the Columns for the Sexual Relations Inventory
 - ◆ **Who did I hurt?**
 - ◆ **What did I do?**
 - ◆ **What part of Self is affected?**
 - ▶ Social, Security, Sexual needs
 - ◆ **What feelings did I create in others?**
 - ▶ Jealousy, bitterness, etc.
 - ◆ **Character Defect(s)?**
 - ▶ Examples include Selfishness, Self-Seeking, Dishonesty, Fear, Inconsideration, etc.
- Start with one Sexual Relation, and then fill out each of the columns

You have 10 minutes to write...



Regarding finishing the Sexual Relations Column Inventory

- If you decide you'd like to eventually do a Column Inventory on your Sexual Relations, you'd eventually continue writing on each Sexual Relation that you have had
- There are a couple of ways you can share this with your Sponsor:
 - ◆ Some people write on a separate Sexual Relation each day, and read that to their Sponsor in their daily calls
 - ◆ Some people spend a few weeks filling in all of their Sexual Relation, and then schedule a few hours to read it to their Sponsor in one sitting
 - ◆ It's whatever works best for you and your Sponsor
- How will you know when you are done?
 - ◆ When you've gone over all your Sexual Relations
 - ◆ As the Big Book says in paragraph 3 of page 58, "We beg of you to be fearless and thorough from the very start."

Any questions?

In summary...

- My personal experience
 - ◆ I've done several Inventories in my 7+ years of Recovery
 - ▶ Inventories in other 12 Step programs
 - ▶ CEA-HOW's standard 4th Step Inventory Questions
 - ▶ And an Inventory using this Column format
 - ◆ I have found that the Column Inventory worked the best for me
 - ▶ It was the most thorough, and helped me uncover all the issues of my past
 - Good news: The Column Format provides more of an open-ended series of questions
 - Bad news: they are more open-ended questions, so it's up to me to take the initiative to be thorough
 - ▶ So, it takes work, but I found the work paid off

The remarkable results in my own Recovery...

- When I first did the Column Inventory 6 years ago, here's how many items I had on each Inventory:
 - ◆ Resentments – 48
 - ◆ Fears – 41
 - ◆ Sexual Issues – 13
- Upon a recent review of those items, here's how many of those issues I still had feelings about
 - ◆ Resentments – 0
 - ◆ Fears – 1 (which was, that I will fail at my job)
 - ◆ Sexual Issues - 0
- THAT is the reason why we do an Inventory and work a 12 Step program...so we no longer have to feel the weight of emotional baggage from years ago

The Promises (Page 83-84 of the Big Book)

- “If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the work serenity, and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

Final Comments

- If/when you work with your Sponsor to do a 4th Step Inventory, I encourage you to consider doing a Column Inventory after the standard set of CEA-HOW 4th Step Inventory questions
 - ◆ See what God can do in your own Recovery! 😊
- I'll leave my card up here at the front in case any of you would like to contact me afterwards with questions
 - ◆ ...but in the meantime, any final questions?
- Thank you for your time today
- Let's close with the Serenity Prayer...

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.