

Linda T.

IN GOD'S TIME

I can still be such a rebel!

What happened to me is...I was at the end of my tolerance for gaining/losing weight when I finally came to CEA-HOW. I was ready to completely surrender.

My sponsor was very easy to talk to and very understanding. I used the tools as needed... Though I didn't cut any corners on weighing and measuring my food. The only tool that I didn't do completely was to make three phone calls a day, I just didn't see the need for this. I did call my sponsor daily though.

She let me find my own way, she didn't police me. And for that I am grateful. I was still able to stay abstinent but didn't feel a part of the group!

One...and then two years went by, then Covid happened! We were quarantined and I felt isolated and alone, though still abstinent. This is when I realized the importance of staying connected/being connected with others in recovery! I began to reach out to others in recovery and started paying attention to making at least three calls a day. I now saw the value of outreach calls and came to understanding this on my own. So now I do it willingly.

This brought me so much joy as I began to feel a part of the recovery community and I no longer felt so lonely. I am so grateful that my sponsor was the type that let me discover this on my own and in my own time. Or was it God's time?

If my sponsor had been rigid about this, I think I would have totally rebelled and possibly not even stayed with the program at all.

From this I learned that everyone is different, for some people rigidity is what is needed ... for others, flexibility.

Even though we are all sponsored by the same guidelines we are still all different people so what works for one may not work the same for another. It takes all kinds! This has helped me as a sponsee and has also helped me even more as a sponsor...

Everything happens in God's time!