

# April

“No matter how far down the scale we have gone, we will see how our experience can benefit others.”

## APRIL 1

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I was afraid I hadn't gone down far enough, that my story wasn't dramatic enough to qualify me to be a member of a recovery program, much less enough to move you to some greater action in your sobriety.

**What I learned is that any story of redemption “no matter how far down the scale,” when told from the heart with a sincere desire to help another, is powerful enough to move mountains.**

**YOU HAVE A STORY. GO AHEAD AND TELL IT, JUST AS IT IS, WITHOUT EMBELLISHMENT, FREE OF ANY CONCERN ABOUT WHETHER IT IS GOOD ENOUGH TO TELL.**

## APRIL 2

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Someone called me “an open book” the other day. I keep working to make sure it is one worth reading.

I was so secretive in my addiction, and even in early sobriety, that I didn't know how to truthfully relate to anyone. I was constantly making up stories about where I had been, what I had done, and how I felt, and I told them over and over until I believed them myself.

Then I did the work in the program of deconstructing the falsehoods of my past, and I learned to tell the truth, without exaggeration, with a sincere desire to be helpful in the telling.

I also learned how to honestly express my feelings: I learned they are just something I experience; they are not who I am.

WHEN IT'S ALL SAID AND DONE, I HOPE THAT MY LIFE'S STORY WILL ACCURATELY CONVEY THE MIRACLE AND HOPE OF MY RECOVERY.

## APRIL 3

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We don't always have to work so hard to shape and direct the day. Instead, greet the day with curiosity, fully open to what it might bring.

My life in addiction was very routine: get up, get high, try to make it through the day without anyone getting in my way, black out, pass out, wake up, do it again.

What passed for fun were the people, places, and things I set up to support that routine.

It was a chore: a sometimes boring, but mostly frightening chore.

I went to the other extreme in early sobriety, always having to make the day be a certain way.

And then I figured out that being open and curious and spontaneous was a pretty fun way to go through life.

IT'S NOT ALWAYS A WALK IN THE PARK, BUT  
IT'S NEVER DULL.

## APRIL 4

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Most of us have way more talent than we give ourselves credit for. Don't be afraid to bring your skills into the light.

Sobriety gives us the chance to nurture and express any of a million talents, for our own development, as well as for the enjoyment of others.

**DON'T BE SHY, SHOW US WHAT YOU'VE GOT.**

## APRIL 5

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Live in an "and" world.

How often do you find yourself in either/or, black/white, now/then, always/never land?

**ALWAYS? REALLY?**

## APRIL 6

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Wisdom manifests — sometimes quickly, sometimes slowly — from repeatedly working with life on its own terms.

We really didn't want to meet life on its own terms, and then we found that we had to, because there really wasn't any other way. Over time we develop so many tools that now it's a pleasure and a privilege to.

IT ALSO BECOMES QUITE THE ADVENTURE.

## APRIL 7

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For some part of the day, find silence.

Turn off the TV, unplug from the phone and Internet, find a comfortable place to sit, and simply relax and breathe.

When we achieve a relaxed physical state, we can then relax our minds, and a relaxed mind is the ground from which clarity springs.

SOME TIME, EVEN FIVE MINUTES LIKE THIS, IS ALWAYS BETTER THAN NO TIME.

## APRIL 8

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We are given a second chance to be trustworthy, loyal, and honest.

WHAT A GIFT.

## APRIL 9

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When you're looking for real answers, not just temporary relief, sometimes only stillness will do.

This is the only way I know to fully tap into my intuition, that place inside where God—whatever God is—lives.

It's that place where I know the beauty and joy of this precious human birth, where I am reconciled with impermanence, where I understand and respect the notion of karma, and where I once again commit to bettering myself for the sake of helping others.

AND WHATEVER THE QUESTION, I AM THEN OPEN TO THE ANSWERS.

# APRIL 10

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One of the secrets to gracious, conscious living is to choose what is right for you without making others wrong in the process.

**IT'S A "LIVE AND LET LIVE" WORLD.**

# APRIL 11

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Sometimes all the inspiration we need is the promise of a new day, whatever it brings.

**... AND THE PEACE OF MIND THAT WHATEVER THAT IS, WE HAVE THE TOOLS TO MAKE SOMETHING USEFUL OF IT.**

# APRIL 12

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You know grace is limitless, right?

Anyone and everyone in this program is worthy of grace, simply by virtue of their humanity and a sincere desire to live a meaningful life.

And on those days when you're feeling like there is only so much grace to go around, imagine the countless number of once hopeless addicts and alcoholics who are finding relief and redemption today in countless meetings around the world. Visualize the untold miracles that are in those seats at this very instant, and then tap into the sense of love and mercy that makes that so.

It doesn't matter where you've come from, or what you've done, or how much you have or don't have. **THE BLESSINGS OF SOBRIETY ARE THERE FOR THE TAKING. YOU JUST HAVE TO WANT IT.**



## APRIL 13

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What would life be like if you were always the first to extend compassion and understanding, to offer the “olive branch” of peace, and to give others the benefit of the doubt?

**We need to discover what prevents us from doing this and remove those obstacles — BECAUSE LIFE WOULD BE REMARKABLE IF WE DID SO.**

## APRIL 14

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Confronting an issue and being confrontational are two distinctly different ways of taking something or someone on. Pause when you are agitated, and be mindful of when one or both—or neither—is warranted.

**We don't confront uncomfortable people or situations because we don't like conflict.**

**We are convinced that conflict is synonymous with fighting. But at its core, conflict basically means disagreement.**

**In which case, my options become pretty simple: agree or agree to disagree.**

**WITH THAT IN MIND, I AM LESS LIKELY TO AVOID CONFLICT AND MORE LIKELY TO WANT TO RESOLVE IT.**

# APRIL 15

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Me: “How will I know if I’ve done my 4th Step right?”

Sponsor: “Be searching, fearless, and moral. If not, what hasn’t been searched will find you, and you’ll get to take another run at it.”

She couldn’t have been more correct. I wasn’t ready to look deeply into my past the first time through my 4th Step.

Or the second time.

The third time was a bit of a charm, because I was finally ready to rid myself of the guilt and remorse that was holding me back from realizing a better version of life.

And the beauty of it was, the more I brought my greatest shortcomings into the light, the less power they had over me, until they eventually lost most of their emotional charge.

**THAT’S WHEN THEY BECAME A SOURCE OF VALUABLE INFORMATION INSTEAD OF SHAME.**

## APRIL 16

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Mindfulness is the ability to suspend the ego in order to see how best to apply our mind and conduct for the greatest good.

**More simply put, it is the ability to get out of ourselves and into service to others, with faith and confidence. That this is why we're here.**

**And suspending one's ego is a delicate, ongoing dance, not a onetime occurrence, which is why BALANCING YOUR MIND, EMOTIONS, AND REACTIONS IS SUCH AN IMPORTANT SKILL TO DEVELOP.**

## APRIL 17

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Life becomes infinitely simpler when I focus more on having a positive influence on an outcome than I do on trying to control it.

**We can shift from obsessing over how we can dominate to concentrating on how we can help.**

**IT'S A REALLY BIG SHIFT.**

## APRIL 18

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We don't need drama—to either create or perpetuate it—to prove we're alive.

**Overreaction is taxing, commiseration isn't helpful, and gossip is useless.**

**DRAMA IS JUST ONE MORE WAY TO GET PEOPLE TO PAY ATTENTION TO ME, AND WHEN I LOSE MY NEED FOR THAT, THE DRAMA MAGICALLY STOPS FINDING ME.**

## APRIL 19

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Tell the truth, when it's the truth, only to the person(s) who can do the most good with it.

**It's one thing to seek outside counsel in how to deal with something before you go back to the source.**

**IT'S QUITE ANOTHER TO WEAR OUT YOUR SIDE OF THE STORY EVERYWHERE BUT AT THE SOURCE.**

## APRIL 20

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For every excuse I had, you gave me alternatives until I was left with nothing but possibilities.

**THANKS FOR NOT LETTING ME STAY  
IN MY STUFF.**

## APRIL 21

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Pause. Breathe. Pray. Do the next right thing.

**REPEAT.**

## APRIL 22

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A funny thing happened on the way to my sobriety: I finally looked up from my misery and saw a life worth living.

Maybe we don't choose recovery for all the right reasons in the beginning.

But as long as we stay for the right reasons, we get an awesome shot at the coolest life imaginable.

ONE DAY AT A TIME.

## APRIL 23

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"You have to give it away to keep it," they told me, and then showed me that while I didn't think I had anything to give, even one more day without a drink or drug meant I could give hope.

## APRIL 24

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When you feel wronged, skip the righteous indignation and go straight to compassion and forgiveness.

It clears the way to extraordinary growth.

(AND IT'S NOT NEARLY AS TAXING AS A BUNCH OF SANCTIMONIOUS HUFFING AND PUFFING.)

## APRIL 25

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Who says anger has to last?

If:

I can look at it from a better angle,

I can express it without causing harm,

I can call it by a new name,

then it has a chance to be something other than anger.

ALL OF WHICH CAN HAPPEN IN A FLASH.

## APRIL 26

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If nothing happens by mistake, what are the coincidences in your life trying to teach you?

**It's another kind of inventory, to look back at the end of the day and INTENTIONALLY FIND THE LESSONS IN SEEMINGLY RANDOM OCCURRENCES.**

## APRIL 27

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It's only fair to let people know whether you're truly looking for advice and are open to suggestions or if you simply want support for what you've already decided.



# APRIL 28

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Today I'm eager to identify and let go of my character defects and make room for my character strengths to flourish.

Eager isn't exactly the word we would use in the beginning; anxious is more like it.

But the more we work these steps, the more we experience the joy of finding our new and improved selves.

And I, for one, would prefer to explore my strengths than to be held back by my weaknesses.

I'M SURE YOU WOULD TOO.

APRIL 29

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If I change my “always,” “never,” and “have-to” stories,  
I’ll change my outcome.

APRIL 30

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Choose joy.