

Courage To Change February 29

I am told that the automatic pilot in an airplane does not work by locking onto a course and sticking to it. Instead, it steers back and forth over the path of an assigned course and makes the necessary corrections when it senses that it has strayed.

In reality, the auto pilot is on course only 5 or 10 percent of the time. The other 90 or 95 percent of the time. it is off course and correcting for its deviation.

I, too, must make continuous adjustments. I am much more willing to do so today because I have stopped expecting myself to be perfectly on course. I am bound to make plenty of mistakes, but with the help of the AI-Anon program, I am learning to accept mistakes as an inevitable part of the adventure of living.

Today's reminder

I can learn to steer the course my Higher Power sets by relying on a process of trial and error that includes a willingness to continually make adjustments.

"A Man who makes no mistakes usually does not make anything" - Alcoholism, The Family Disease