

From Courage to Change March 4

The slogan 'Think' always puzzled me. Wasn't it my 'stinking thinking' that got me into trouble? The meaning of this slogan remained a mystery until I heard a neighbor's child reciting some safety rules he'd learned in school: Stop, Look, Listen.

Before I get into trouble, before I open my mouth to react, or get lost in obsession analysis of another person's behavior or worrying about the future, I can Stop. Then I can Look at what is going on and my role in it. Then I can Listen for the spiritual guidance that will remind me of my options and help me find healthy words and actions.

So when something unkind is said to me, I don't automatically have to get into a loud and vicious argument. Instead I can take a moment to 'Think'. I can Stop, Look, and Listen. Then I might be able to engage calmly in discussion or simply walk away. If I do choose to enter the argument, at least I am now making this decision consciously, rather than letting life decide for me.

Today's Reminder

This day is a beautiful room that's never been seen before. Let me cherish the seconds, minutes and hours I spend here. Help me to think before I speak and pray before I act.

'The program helps me gain the freedom to make wise choices that are good for me. I choose to put that freedom to work in my life today' *Alateen - a day at a time.*