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Answers in the heart daily meditations

These meditations were written for service members by service members. These people serve -- or have served -- in the Army, Navy, Navy, Coast Guard, Air Force, Reserves, National Army Guard, Air National Guard, or NOAA Commanded Corps and Public Health Services and are recovering from alcoholism or addiction. We thank them for their sacrifice and service. DOWNLOAD READ NOW Get the best books, magazines & comics of all genres, including Action, Adventure, Anime, Manga, Kids & Family, Classics, Comedies, References, Manuals, Drama, Foreign, Horror, Music, Romance, Sci-Fi, Fantasy, Sports and more. Start reviewing your answers to the heart: Daily Meditations for Men and Women Recovering From Sex Addiction (Hazelden Meditation Series) Need and realityA guide needed for thinking, presenting and teaching in a daily survival walk during recovery. Five out of five stars. A guide to practical ideals and hopes. I need it next to my Bible. The people who bought this also bought these daily meditations guide us to the strength and courage in ourselves, which is necessary to face the lingering shadows of sex addiction. With unique inspiration and support for Hazelden meditation books, Answers in the Heart is a sex addiction recovery book that provides solace for pain and inspiration for lasting recovery. JANUARY • 1 JANUARY • What a wonderful surprise to discover how unkind it can be to be alone. - Ellen Burstyn Solitude carries a risk with her, and the risk is loneliness. It's like we're in the center of a city, then decide to leave. As we travel to the suburbs, there are fewer and fewer people. Finally, the city is behind us, and we're alone. And since we can't live in two places at once, we achieve the pleasure of loneliness and pay the price of loneliness. It's the same when we leave behind the noise of our thoughts and travel inwards. It takes courage to cope with loneliness, courage our superior strength will give us when we want to find what we cannot find when we are surrounded by people. Peace, inspiration, rejuvenation, cultivation, enlightenment, power – these are the gifts of solitude. Beyond loneliness and longing for others, we find the satisfaction of our own company and the company of Our Higher Power. We need these as much as we need the company of people, and so we get what we need when we take the risks of loneliness. There's nothing to be afraid of in solitude. I may be lonely, but I'm never. — SK • 2 JANUARY • Where is there dignity if there is no honesty? - Cicero In our program recovery, nothing is more precious and productive than honesty. Our sexual addiction has made us secretive and cunning, and they have distorted our judgment. Many of us may even have taken pleasure in leading a double life, although we have come to deceive and hurt us above all else. We claim our claim and our honor. We begin to feel worthy of love and affection as we learn to offer affection and love to others. Our program requires us to do a moral search inventory and fearless of ourselves. Without rigorous honesty, such a step is impossible – but without completing this task, our program will lead nowhere. Only if we are honest can we turn to our truth and regain our dignity. At first it will be painful, but every day and every step along the road moves us forward, towards the power of openness and integrity. Honesty is hard for me, but I'm learning to think and talk fearlessly about my addiction and its crippling effects on my life. — PW • 3 JANUARY • Lord, why am I storming heaven for answers that are already in my heart? Every grace I need has already been given to me. Oh, take me to Beyond. - Macrina Wiederkehr Once we were abstinent, it was overwhelming to find out all our feelings of sex addiction covered. Maybe they were frozen or pushed down. Perhaps they have become distorted, it would be the unexpressed anger that turns into self-righteousness. Maybe we don't even know we're feeling, or we can't call our feelings. It is difficult to let ourselves feel, especially when feelings are connected to a past trauma, such as childhood sexual abuse or incest. It is also painful to relive the feelings we had when practicing our addiction. But it's necessary. There is no joy without sadness; our feelings cannot be compartmentalized and controlled. To know we feel is to add real wealth to our lives. It's to see in color what I saw in black and white. Our feelings are the basis for our reality and our actions. With humility requires my superior power to eliminate my shortcomings helps restore my feelings by restoring my sense of myself. — SK • 4 JANUARY • I like the dreams of the future more than the history of the past. - Thomas Jefferson our past is already in place, and nothing can change it. However, we continue to reinterpret it, and this is wise, because our current attitudes can be renewed by linking them to our past experiences. Often, especially with our families and friends, we never stop reviewing our past interpretations and assessments; we must continue to do so in order to be able to live fully and freely. Only when we have the past in a kind of healthy perspective can we live rich in the present and dream of the future. Then our lives open up a space for experimentation and play. We need our dreams and we should cherish them, but they will come to us more freely when we are with our past. The Work of the Twelve Steps allows us to share our feelings about the past, clearing the way for new dreams built into recovery. I know I have to understand my past before the future is truly a place of dreams. — PW • 5 JANUARY • Shame corrodes a lot of us who we are capable of change. - Brené Brown Shame. Even the word is strong. When we feel ashamed, we feel worthless, not because of what we have done, but because of what we think we are. We think we're unloved, incapable of giving love. The more our addiction progressed, the more out of control and helplessness we felt. That's when I found shame waiting in chaos. We wanted to be invisible, to disappear. But there was something we wanted more: a way out. We found her clinging to the knowledge that we have dignity because we have life. It was given to us by Our Higher Power, which loves us unconditionally. We no longer have to feel ashamed because we no longer have to use people or let ourselves be used. Instead, we live in the grace and light of recovery, with dignity and peace. What counteracts shame? Honesty of my feelings, of limits, of living in the present, of coming out of my self-absorption. That way I can take care of myself. Above all, gentleness and self-forgiveness will restore my emotional balance. — SK • 6 JANUARY • Whatever happens to you, once you hope you survive. - Was Lailah Gifty Akita for us as children? The word education means driving from... away from ignorance, lack of defense, anxiety, and fear. Have we been educated in this, or have we been neglected or even abused? Childhood should be a time of growth and hope. When childhood memories are tarnished, bitterness and resentment follow, and these, in turn, can lead to chaotic or captivating behavior. As sex addicts, we know it was to be pushed, exploited, even seduced or abused. We hated her, and it made us incredulous and angry. Now, in recovery, we feel the power of education as we learn to leave behind the ignorance, fear and pain of our childhood. We have come to feel the joy of feeding and taking deep care of those around us. I want to continue my own education as I emerge from ignorance, mistrust, isolation and fear. — PW • 7 JANUARY • Most people note their desire for friends and family as so many losses in their lives, when they should count the fact that their heart is able to lengthen so much and love so much as among their greatest blessings. - Etty Hillesum was alone being a sex addict practice. When we were sexual with someone else, we could remove the truth for a while at the top of the moment. But then, back in reality, loneliness became even more devastating. We could pretend we don't care, telling ourselves we don't need people. But I knew we were lying. Connection, not disconnection, was what we wanted. It's possible to rebuild the bonds we've lost with our addiction. But even in recovery, does not disappear immediately; it takes time. The more we get to people sincerely, believing that we deserve and something to give, the less we feel alone. There's a world out there, and our place is in it. Who am I alone for today? God? Me? Other people? Once I answer that, I can do something about it. — SK • 8 JANUARY • An old error is always more popular than a new truth. - German saying We often feel uncomfortable with us because it makes us reach and expand our vision. This can be painful, and we don't like the pain that comes with change and recovery. Our sex addiction was comfortable and gave us a curious kind of comfort and reassurance. We returned to her when we were alone, anxious or hopeless. We were used to it and didn't need to do much to keep going the same old way. Suddenly, we saw the error of our ways. Discovery, shame, a trial for damages, imprisonment, isolation, despair, the loss of a husband, the contempt of our friends, all possible consequences of that old and comfortable addiction. yes, we might have woken up one day to find out that our addiction has ruined our lives. We then started to get to the hard process of change. Making difficult changes is painful, but that pain is by far preferable to the agony caused by the inevitable result of our addiction. I'm reaching out and embracing us, even if it's sometimes painful for a while. — PW • 9 JANUARY • The strongest souls appeared from suffering; the most massive characters are seared with scars. E.H. Chapin When we suffer, what do we do with it? Do we use it as a reason to abuse ourselves, shame ourselves, or do we hate ourselves? Are we going back to our addiction to sex to get rid of the pain that's part of the suffering? When we behaved, we suffered, we felt pain, but we usually didn't understand why. The suffering and pain that accompanies recovery are different – it leads to healing or they will if we leave it. Sometimes we can turn our pain to Our Higher Power, trusting that our pain is there to help us grow and that it will pass. This can help us believe that our pain has a purpose. Our feelings, no matter how difficult some of them are to feel, are supported by the compassion we are learning to feel for ourselves and the compassion God feels for us. I can choose to look at my pain in the light of recovery. It won't last forever; I'll survive. — SK • 10 JANUARY • And nothing to look back at with pride, and nothing to look forward to with hope. - Robert Frost Sex Addiction can easily lead us to lose our pride and hope. Often our lives seem poisoned right at the source. We cannot remember a moment of innocence, joy, or trust in ourselves or in our relationships Others. Maybe we were sexually or verbally abused when we were kids. We may feel insecure about our borders, watching the future with anxiety and horror. Nothing's going to change? To move forward we need to recognise that we are powerless to undo pain and abuse And we learn that we can no longer go alone; We've been alone too long. The first two steps of our program help us overcome the past and move towards the future with growing hope and confidence. And then the present, like the New Year, becomes full of promise. Accepting that our lives have been unmanageable and returning to Our Higher Power, we find new pride and hope in our daily lives. — PW • 11 JANUARY • Our first priority must be our individual recovery; only when we have managed to improve self-esteem will we be able to be in a truly relationship of choice and not out of addiction. - Jennifer and Burt Schneider Sex is not glue. Don't keep people with us. We often understood sexuality and intimacy when we were active in addiction because our addiction distorted our experiences. Finding the path to real intimacy with ourselves, friends, another significant, or our family is difficult. But we know that true intimacy is a bond that is natural. It takes self-esteem to know that someone loves us for ourselves and wants to be with us just because we are who we are. We don't have to control our relationships, especially a relationship intimate enough to be sexual. We just have to give up and trust. That's true freedom. I'm always a sexual being, whether I choose to express my sexuality or not. The energy and goodness of my sexuality are my unique gift from God. — SK • 12 JANUARY • I had never seen men holding each other before. I thought the only thing they were allowed to do was shake hands or fight. - Rita Mae Brown Many of us, maybe more men than women, have grown up without knowing the warmth of lovingly touching one another. Some of us had fathers who got caught up in a stereotypical male role, afraid to hold us and show their love for us. We may have learned to be independent, competitive and separate. I have often fallen into embarrassment and isolation. Many of us have learned to fear to lie down, hug and hold another person – of any sex or sex. Whether it's men or women, so many of us have lost touch with ourselves and others. We've been alone too long. One of the really healthy things about the many twelve Step encounters is the habit of holding one another and offering hugs. At first we might find it embarrassing and keep our distance. But as we learn to relax and arrive, we look forward to the warmth and power that come from giving and receiving a friendly and caring embrace. It is good to learn to touch in a fearless and nonsexual way. I am happy to be in touch with other people through hugs and — PW • 13 JANUARY • Humanity owes the child all it has to offer. — The United Nations Declaration We must commit to recovering, but there may be others in our lives for whom our recovery is also vital: our children, for example. Step Twelve Twelve wisdom says that our children begin recovery on the same day we do. Whatever our family's past was, when we recover, we know that we have broken the cycle of addiction not only for ourselves, but for the children we cherish. Our children can grow up healthy with the Twelve Step program to guide and educate them in the realities of addiction. They will have a greater opportunity to flourish in the love and new way of life we learn. Seeing them serene and reaching their potential can be one of the happiest gifts of our recovery. God, with your help, my children will shine like the sun. Please hold them in your palm today. — SK • 14 JANUARY • It is better to be hated for what you are than loved for what you are not. — André Gide If we live with someone we truly love and betray their person with our addiction to sex, we live a lie. Increasingly, we are avoiding privacy and moving towards our distorted world. What about your loved ones? The people we cheat can start to doubt us and end up feeling crazy. Deception, half-truths, failed encounters, financial irresponsibility, job loss, lies and other lies – all turn a love relationship into a twisted nightmare. Looks like there's no way out. One step, the first step in our program, and the journey to recovery begins. We are beginning to learn to be honest and to look people in the eye again. We have come to hold our actions and face our loved ones. At first, our journey will be painful, but with love, patience and confidence we will succeed. In overcoming my sex addiction I will regain the love and trust of my loved ones. — PW • 15 JANUARY • This cup holds the pain and conditioner equally. Light, dark. Whoever drinks it has to change. - May Sarton This addiction hurts so much, a recovering person used to say. As sex addicts, we understand it feels. Our struggle to give up abusive sexual practices or relationships is often difficult and can sometimes seem overwhelming. However, we do heaven: We challenge ourselves to change. We must never give up hope. We have to resist, even when it's so hard that we don't know we're doing it. Living one day, even an hour, at a time can help us make it through. We're not alone. We have our Higher Power. We have the support of our group, with all the love and understanding that we share so freely. We have the Twelve Steps and our daily schedule. Above all, we have our abstinence and desire. Even if abstinence is only a few days and our desire is just a silver, that's enough. To be in recovery is to be willing to go to any I know I can do it. — SK • 16 JANUARY • I'm part of everything I've ever encountered. - Alfred Tennyson Too often we lose our way by forgetting that we are part of a community, a society, a world. When I was addicted, we hung up. Closed, others and drifted along alone. Fantasy, rituals and acting have brought us out of ourselves, but deeper into loneliness. As we go through life, we make contact with others, even if we don't always realize it. Looking, talking, smiling, touching, eating, walking, working, playing – all these activities are likely to bring us into contact with others. And the way we act and react makes a difference. Often, a simple smile can make someone else's day. A hug breaks the ice of loneliness. A good word strikes a chord and is remembered, yes, we're part of humanity, and we get love and power from knowing this. I want to feel part of a community of people in recovery. — PW • 17 JANUARY • If today you hear the voice of God, do not strengthen your hearts. — Psalm 95:7-8 Sometimes it seems that our obsession with sex will never go away. Fantasies, secret desires, the compulsion triggered by a song, a movie, a look seem so deeply rooted in us. Sometimes we can't imagine living without addiction, no matter how much we want. However, I have met people in recovery who are free of their obsessive concern with sex. It can happen suddenly or it can last for years, but our belief in recovery tells us it will happen. We're on our way, and we have all the time we need. All we have to do today is be willing and make the best possible choices. That's where Our Higher Power comes in. Maybe we can hear exactly what we need to hear in our recovery group. A friend can call just when we think no one cares. Or it can simply be those moments of peace that we experience as prayer and meditation become an authentic part of our daily lives. Gradually, we realize that freedom has been there all along, a gift that is ours as soon as we are willing to accept it. God can do the impossible. I know God is stronger than my addiction. — SK • 18 JANUARY • Sex is one of nine reasons for reincarnation. The other eight are not important. - Henry Miller It's good and healthy to laugh about sex - as long as laughter is on the side of life. Sex, after all, is part of the force of life, and if it is surrounded by care and honesty, it leads to a joyful intensification of our relationship with others and with the world. Then sex, like laughter, integrates. But too often, laughing about sex carries anxiety, shame, disgust, and desire to hurt. We talk about dirty jokes and send sex to the bathroom. We share sex with other feelings and surround it with taboos, rituals and mockery. Viewed this way, sex isolates us. We need to learn to talk about our sexuality in a proud and affirmative way. Talking and laughing in a group or with a friend with a loved one helps bring outdoor sex to take its place as part of the diversity of life. I want to hold my sexuality, talk about it without shame, and claim it as a vital part of — PW • 19 JANUARY • Courage is the fear that has said its prayers. - One day at a time in Al-Anon Nothing freezes us in our pieces like fear. How many times have we let fear stop us from doing what we really wanted to do? Maybe we wanted to change jobs, be honest with a friend, ask someone out on a date, buy a house. But we couldn't because we were afraid. The truth is that the moment our fear takes control, our self-will also takes control. The first thing we have to do is recognize that we are afraid. The second is to find out why. Discovering why it can mean calling a friend to speak, praying, inventorying us, attending a meeting. To feel fear rising is to go back again. Then when we know we feel, we'll know what to do. Can I accept the help of My Higher Power and the help of others when I am afraid? Emotional balance and serenity untouched by fear are the gifts of recovery. — SK • 20 JANUARY • A cheerful heart is good as a medicine. — Proverbs 17:22 When we are grim and melancholy, we seem to walk in a black cloud. We attract other discouraged people to us, and soon it seems that we march along in a funeral procession. To be permanently gloomy seems an insult to life. After all, there are many people who are worse than us, and yet they manage to find the energy and love to reach and express joy. Why should we be in the gloomy minority? It is often our dependence that dictates our moods. When I was acting