

## Counselor's Corner

*Glenbeigh counselors write on  
addiction and recovery.*

This month Angela Anthony, LCDC II shares her thoughts on a key recovery concept.

*Acceptance has been the key to my freedom from active addiction. I can remember throughout my using that I had to accept who I was as a using addict, and that it would not get any better. I thought that I was different and that the 12 Steps and a recovery program would not work for me. I sold myself short for many years.*



*I fought acceptance in the beginning because it was hard for me to see how being in recovery would be a good thing, or how being an addict could be an asset. As I started working steps and applying spiritual principles in my life - it became very apparent that acceptance of being an addict was necessary, but I still struggled with accepting life on life's terms. I believe for myself it's been extremely helpful to understand that surrender and acceptance go hand in hand. I know that when I think I have control over something like drugs, people or situations - I have to surrender that control and practice acceptance with the outcome.*

*Another thing that I realized through accepting that I needed a recovery program was that I also needed other peoples' help throughout my journey. It was difficult for me. I wanted to be able to figure out everything on my own, but I've realized that I don't have all the answers and need help finding them sometimes.*

*Not only does acceptance work in my life to help me cope with situations, but it was one of the things that kept me coming back to meetings and recovery. Throughout the beginning stages of recovery the people in meetings practiced endless amounts of love and acceptance when it came to welcoming me into the fellowship. No matter what I was going through, or what was going on in my life, the rooms accepted me for exactly who I was.*

*It's not difficult for me today to accept the basics that I know are necessary to stay clean. For me, I accept that I'm an addict living in recovery and meetings, fellowship and step work are very important parts in helping me see how I can move forward in life.*

Angela

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