

Honesty

I have found honesty to be the most difficult, but most rewarding, thing to practice in my sobriety. Total honesty, without reservation ... I heard that loud and clear when I came back into the program this time; it seemed like every other meeting for the first couple weeks, the topic was 'honesty'. I started to practice it, and have found it to be the bedrock upon which my sobriety has been built, and I believe that if I get away from being totally honest with myself, I stand in danger of losing my sobriety. It is very easy for me to be dishonest while appearing to be honest as pie. But when I am, I lose touch with reality, life becomes a game that I play in my head.

The situations in which being honest has been the most difficult, have produced the most satisfying and rewarding results when I was honest, and I have experienced feelings of happiness and serenity such as I've never known by dealing with problems honestly.

Bristol Literature Committee

July 80