

Sometimes people in the program become very involved which is good but sometimes they over do it. Addicts have a tendency to over do everything. Some of us in good faith take on commitments after commitments. We have a tendency to become too involved. Other members might warn us but to no avail. We become so involved in what we are doing we slowly lose touch with ourselves. We become so involved there aren't enough hours in a day to do what we need to do. We seem to have to be everywhere at once. There is no time to sleep, no relaxation, or recreation. Soon we have no time to take daily inventory of ourselves. We start getting burned out sober. All we begin to know is the program & we become very self righteous. This usually feeds our egos & causes conflicts with others. We find ourselves turning to God & saying what am I doing wrong. Things seem to fall apart all over the place we're tired, hungry, can't seem to think right. We seem to lose ~~identity~~ identity of ourselves & find out it's not others who are the problem but ourselves.

over

~~It is~~ It is hard to come out of this because you have to change a lot of things you're doing at once. Take less commitments turn some down start planning time to be with yourself to relax or do something that you really enjoy. Make your you start sleeping & eating right. Start talking with others cause you will go through a lot of feelings. Your ego will be deflated. Telling others you could not handle the load you took on. You should start working HLLT. Soon you will feel better about yourself. Thank You God for being there when we need you.