

## **It's Like Peeling an Onion**

When I came to Celebrate Recovery I was a distraught wreck, caught up in emotional hurt from the past, especially childhood abuse. At first I cried in the Open Share Group for my five minutes of share time, unable to express myself. Fortunately, I joined a Step Study with Jane P.

The tough parts for me: Yes, I knew my life was unmanageable. In both Principle 2 and Step 2 that God was a power that could be present for me. Yet surrendering my life to God was difficult because of my Dad and brother. Would God be always kind and loving or would he get really mad and punish me as my Dad had done?

I came with the first main issue of abuse, but soon realized I was codependent, angry, had fear of abandonment, a people pleaser, and addicted to eating when stressed. Yikes; so many things to deal with! Sometimes things got worse but with the support of my accountability partners and sponsor who I trusted cared enough to hang in there with me I was able to cope.

When I went to the meetings would there be men who would vent their anger and start yelling? Fortunately, this didn't happen. At first Jane sat next to me so I had the courage to be there and assured me I would be okay.

How are things better? Now after three years I am able to really grasp God as my Abba Father. It's like peeling an onion, separating a loving heavenly Father from a mean, angry Dad. Working the 12 Steps to Recovery and memorizing comforting scripture. All that took awhile.

Doing my inventory with my sponsor helped clarify family issues and that format helped me understand more of why I often got involved in relationships that were toxic for me. I have now released some of these people who have been disrespectful to me as I'm better at setting boundaries.

All of my issues are less oppressive as God is teaching me with the help of CR friends to gain insights needed for my growth.

If you are new to CR, get an accountability partner right away and enter a Step Study with that person. Also in the Open Share group you can find a person that may share the same issues with you who may become your sponsor. Come to meetings each week and know it's okay to try out different Open Share groups to see which one is the best fit for you.

Allow yourself to share, or not share as you feel comfortable. Also, please be patient with yourself as you work the program remembering Romans 8:28, that God is working all things out for your highest good when you are called according to God's purpose.

Judy B.