

Come to Celebrate Recovery with an Open Mind

I had to admit that I am a codependent. I tried to think that the reason was that I have been a counselor for so long, so that is why I want to save the world, especially those I love.

I had a wonderful sponsor, so it was not as tough as I thought it would be. I did have to forgive myself for some things of my past.

I am doing much better and I confess to my clients and students that I am a codependent. I never thought before that I would share this with "the masses." I think it is good for my clients and students to know that I am not perfect.

Come to Celebrate Recovery with an open mind and do not give up right away. It took time to develop your habits, hurts and hang-ups, so it will take time to change them, but even more time to completely recover.

Martha B.