

THANKSGIVING

Going to ANY length not to incur new unsecured debt.

Recoiling as from a hot flame at the mention of Black Friday sales.

Awareness that this is a time of year where stores try to inflame my disease.

Taking time to meditate and connect with my Higher Power.

Embracing those I love at Thanksgiving dinner, even those who are challenging, with a loving, compassionate heart.

Focusing on seeing the good in my life today.

Understanding that everything can't always go my way nor can I control anyone else's actions but my own.

Letting go of my resentments just for today and allowing myself to feel the relief that brings.