

My closet, myself

Several years ago, I looked at my closet. It was a mess, everything in disarray. I couldn't find anything. I didn't know where to begin to sort it out. My closet seemed a reflection of me. I was a mess, at a loss. Where and how could I begin to change things?

Then I found Al-Anon. I began to realize that the clutter in my closet reflected the clutter in my mind. I couldn't sort things through. At meetings, I learned I didn't have to do everything at once, whether in cleaning my closet or in straightening out my thoughts.

I could take baby steps. I started with my shoes. There they were, that one great-looking pair. The downside was the pain they caused me when I wore them. I had to give them away. Some people in my life were also causing me pain. Al-Anon taught me I could rethink those relationships and, in the end, do what was best for me.

Next, I looked at my clothes, many of which were not a good fit. I could donate what wasn't working for me anymore and keep what made me feel good. I learned in Al-Anon if a situation didn't feel right, I could make a change. When I changed the way I looked at things I could make a better decision.

As I cleaned out my closet, I could find things more easily. At the same time, my mind was getting more organized. When my side of the closet looked pretty good, I started to take inventory of my husband's side, but in Al-Anon I learned I could only change myself.

Now my closet is neat most of the time. Sometimes I fall back I into old habits and it gets a little messy. I realize that life can be messy; it is matter of seeking "Progress not Perfection." So, I continue to go to meetings, read literature, practice the Steps and Traditions, speak to others in the program, and do service. By practicing my program, I have found serenity and have a really nice closet as well.

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