

## ***Trait Twelve***

***“We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.”***

***BRB p. 17***

We held on to relationships that died years ago. We were ashamed that we couldn't stand up for ourselves, but we told ourselves that at least we had somebody. It was a roller coaster— things got worse, then better, then even worse than before. We were going deeper and deeper down a never-ending hole with no light, and we were running out of time.

Today we breathe the crisp cool air of discovery in the sunlight of ACA. We choose to be honest with ourselves and others because it's become a habit for us, one that was born out of our Step work and calm commitment to the program that guides us through the once-dark regions of our lives. We hide from no one.

We are alive, whole, and sane, and we like it. If someone wants to leave our life, we let them go. In ACA, we've learned we cannot do for others what they will not do for themselves. When we let things die, there's room for more love and new growth. We celebrate the old and the new, seeing their connection to our spiritual health.

***On this day I will do the work to heal my past and learn to focus on the healthy things I've begun to experience. I will let go and let my Higher Power in.***