

## **I Just Wanted to Wake Up Skinny**

“I came to OA to turn my life around.” This quote from OA literature made me think about my own journey. After some time in OA I can honestly say that yes, this is true for me. But when I first stepped into an OA meeting it was not my focus. My focus that day was the same as when I started every other weight loss scheme I had ever tried: learn the rules and follow them so you can “lose the weight and keep it off”.

I had read a little online, but truly knew very little about OA, about the 12 Steps and 12 Traditions, or about that three-legged stool of recovery: physical, emotional and spiritual. Physical recovery, losing weight and keeping it off, was very familiar to me. However, learning to eat in a more healthful way without resentment was not.

What I discovered in OA was that the Emotional recovery, working through the 12 Steps with my sponsor, as well as the Spiritual recovery of daily prayer and meditation to develop a relationship with my Higher Power, were the keys to beginning to “turn my life around” that I had lacked.

I remember my burning desire to just wake up skinny and beautiful, yet be able to eat whatever I wanted, whenever I wanted and however much I wanted. When I read this sentence back, I notice all the “I’s”. My ego was in charge. My disease was in charge.

Coming to OA meetings, learning, listening, sharing, and feeling welcomed and accepted “for who I was” ended up being the answer for me. Learning to accept and forgive myself, learning to take “One Day at a Time”, and celebrating the Experience, Strength and Hope of everyone I have met, have all been eye-opening.

I found in OA concrete steps that changed my way of thinking, but realize now that I had to be ready before I could learn. My journey included everything in my past to bring me to this program and to be able to cherish it, and be thankful for all who have gone before me.

I slowly realized that, if I had been granted my wish to “just wake up skinny and beautiful” that I would still not have had the serenity I am granted on a daily basis in OA.

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