

TWO DOGS

Let me share with you one of the most important analogies I heard when I began my sobriety. I got the story from a speaker on a CD. It is not my own creation, I'm not that bright! The story went something like this:

Every morning when I wake up, it's like I have two dogs inside my head. One dog is my recovery dog. The other is my addiction dog. Each animal wants to dominate and control what I think about for that day. There is, however, only room in my brain for one of these dogs. So they fight, a lot. In fact, it can be said that they fight almost constantly until one subdues the other for that day. Now, both of these dogs are the same size and temperament. So which dog will win? Which dog is stronger? Will my thoughts be dominated that day by my addiction or will I have thoughts that further my recovery? Will I have a 'white knuckling' stressful day or will I experience serenity and sobriety?

Well, quite simply, the dog that is going to win is the dog I choose to feed. If I have started my day with prayer and some reading from the White Book, then my recovery dog is well fed and strong. If I meditated with my Higher Power and called my sponsor, then my recovery dog easily wins the fight and my day is much more peaceful. However, if I skip my morning prayer or I allow my eyes to linger on that woman on the billboard while driving to work, then I have fed the addiction dog. On those days I struggle to stay in recovery. I objectify; I fantasize; I put my sobriety in jeopardy. "Hoping" the recovery dog wins or "really wanting" the recovery dog to win does nothing. I MUST actually feed it by doing something for my recovery (I think that is called 'working the program' 😊) And my recovery dog needs to be fed every day. The fact that I made a call and led a meeting last week, does nothing to nourish my recovery today. So every morning, I simply ask myself which dog do I want to win today? Which dog am I going to feed? For me, I must starve the addiction dog and feed the recovery dog.