

OA Desert Recovery June 2026

Freedom from Running the Show



During my Fifth Step, my sponsor asked me to explain what I meant in a particular situation. Then, she asked if what I meant was controlling. After we were done, she handed me a list of my defects. I had not realized when I agreed the situation meant controlling, that I was saying I was controlling. However, there it was, a defect, a part of me I had denied, and hid from everyone, written on a list, staring back at me. I froze inside from fear. Will everybody know? Will they dislike me, shun me? But my sponsor simply explained that if I was having trouble giving it up, to pray for willingness. Awareness of times I had insisted on running the show opened the way to accepting myself as I am; and, eventually to knowing I was not capable of changing something so deeply ingrained in me. At least, I could not change it on my own. This brought me closer to my Higher Power, and to the beauty of abstinence.

Becky B.

"I'm no longer running the show, either spiritually or domestically. What a relief!

Spiritually: Starting my day by turning over, not just my food but my whole life, to the Creator of the Universe, sets me in a secure position. I have learned that there is nothing too large nor too small that HP is unwilling to handle. I had to learn to TRUST in the beginning but, having received "the gift of trust" was and is a wonderful blessing.

Domestically: A side effect of my having been able to take a deep breath and honestly share my deepest, darkest secrets with my husband through a 9th Step amends, yielded unexpected benefits. It engendered trust on both sides of the marriage and today we truly partner in family decisions. "I" don't run the show and, thanks to my husband's willingness to be guided by God, neither does he! Domestic harmony reigns. In fact, on June 21st, we will celebrate 54 years of marriage!

--Judy G. (Yuma AZ)

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Freedom from running the show?

OH MY! It took a lot of program work for me to even see that I was bossy, jumping in and doing things for others when it wasn't done on my time schedule or my way since my way was best because it was tried and true.

As a wife, mother and nurse, running the show was MY JOB! Keeping everything running smoothly and adjusting to the hiccups on the way. How could I NOT!

Well, I have learned with time, patience and a program that I can team lead with HP and I, to accomplish the same projects with less me and more we! WHEW!

Chris N.