

OA Desert Recovery September 2026

Freedom from Fear of People

Turns out my fear of people was misdirected. The real problem was that I did not trust myself in relationships. Before I came to recovery, I had two emotions - terror and rage. There was no on and off switch. Just, boom, there they were - out of control feelings. Eventually, they led to near-suicidal depression. But, in recovery, doing steps, prayer (even if I thought the words went nowhere), and sitting in meetings listening to the experiences of others, did what I thought would never happen. I found myself thinking of hope and sprigs of happy thoughts. Slowly, the inner fears were faced and reduced. Watching others in meetings grow and be happy, brought trust that this miracle could happen for me too. That all led to a personality change sufficient for recovery, as promised in the Big Book. In this new personality, feelings of others are considered, and how to be helpful. Fear of people no longer haunts me. *Becki B*



I'm Jody - a grateful recovering food addict. The promises have come true for me. I was a very shy kid growing up and there's been a lot of traumatic life on life's terms between then and now. I'm grateful to have learned I have a choice today. I've got spiritual tools to utilize, prayer and a loving Higher Power who protects and guides me daily. Fear is just **False Evidence Appearing Real** and I can: **Forget Everything And Run** or: **Face Everything And Recover**. I chose recovery and life today, yay! The 12 steps, the principles and a Higher Powered life can't be beat and I truly am living a life beyond my wildest dreams, thank you God, program of Recover, acceptance and surrender one day at a time no matter what, amen! *Jody M*

I'm not sure I was afraid of the people around me, but I definitely was a people-pleaser. Because of my father's career in the military, we moved around a lot, and I wanted to make friends quickly. When we moved to North Bay, Ontario, I was 11, and I wanted desperately to fit in. Being one of the only Americans at my school was tough. Now – and it might be because of what I've learned in this program – or it could be because I'm older and don't care as much what people think – and it might be both – but I am comfortable in my own skin. I still flinch if someone treats me poorly, but I recover with a quick prayer and a less serious look at myself. I tend to rely on my sense of humor, especially when the source of the critique is from one of the students in the classes where I sub. Kids can be so mean ... even to adults. I have no fear going to events where I know no one ... especially when we all are struggling in some way with this disease of ours. *Joy V'Marie*

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