

In Lifeline a few years ago, there was an acronym given for doing a 10th Step. It used the vowels. AEIOU. I sometimes use this format to go through my day.

A is for Abstinence. Have I been willing to accept the gift of abstinence for today? Have I pushed the limits? Am I at peace with my food choices today?

E is for Emotional. My disease is an emotional illness sometimes. I obsess about things. I need emotional health to keep me in recovery. I also need a positive attitude.

I is for myself: Have I done the things for myself that I need? Have I said bad things to myself? Have I exercised my body?

O is for Others: Have all my interactions with others been on a level of which I am proud? Have I gossiped? Do I follow the "Golden Rule?" Is there someone I need to call just because I haven't seen or heard from them lately?

U is for my Higher Power. My disease is given a daily reprieve dependent upon my "fit spiritual condition". How have I kept my spiritual condition fit? Have I done readings? Spent time in prayer? Made a list of gratitudes?