



Karen Gardinier

# Meeting Makers

# Make It



By Karen Gardinier



## Meeting Makers Make It

People have never been more serious about getting sober. I think this pandemic really rocked people's world about the seriousness of their drinking and using and what it was going to get them, what was going to happen.

If you have read my other material or heard me speak before about Alcoholism and Addiction, then you will know that the detox or *'stopping'* is not your solution, but the first thing that must happen prior to the solution. In other words, it is one thing to GET *SOBER* and another thing to *STAY SOBER*.

For many years I saw people check into treatment centers, sometimes one after another thinking that if they could get off the booze for 30, 60 or 90 days, they would be fine. As soon as they left, they drank and used again. Sometimes on the way home from treatment.

The reason is quite understandable if you know what the disease of Alcoholism is. Alcoholism is a mental illness. It is my thinking that is the problem. Drinking & using were the way I treated it. What happens when you take the solution from the Alcoholic? They are irritable, restless, and discontent and it will only be a matter of time before they drink and use again. This state is also known as a "Dry Drunk". It is miserable. Unbearable and is the reason a person with Alcoholism goes back to drinking and using, sometimes they will switch addictions and try to find another way to treat their alcoholism. Usually the other alternatives they seek out are equally as destructive, to them and those around them.

The real problem for the Alcoholic is their thinking. Due to rationalization, blaming and justification the mind of an alcoholic will always bring them back around to the destructive ideas to make themselves more comfortable.

How then can an Alcoholic recover if it is their very mind that is trying to destroy them? First, the thinking must be cleared and set on a better track of thinking. However, no matter how realigned the alcoholics thinking is it will start to slowly revert to its original setting left to its own devices.

The realignment of the thinking is also referred to as a psychic change in the Big Book of Alcoholics Anonymous or as I commonly refer to it as a Shift of Perception. This is accomplished by completion of the 12 Steps and the maintenance of this thinking is accomplished by attending 12 Step meetings.



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The reason “Meeting Makers Make it” is that the person who regularly attends meetings has something to measure their own thinking and actions against. Left alone the alcoholic's ideas always seem reasonable and justifiable. It is much easier to see the Alcoholism in someone else than it is in yourself. Hearing and listening to other people's ideas gives you an opportunity to look at your ideas through a different lens.

The perfect analogy for this is a pilot who is forced to use instruments to fly through fog. Left to his own devices he may “think” he is flying straight but is in fact flying straight down into the ground.

If you are detoxing at home, no matter what kind of detox the doctor puts you on, start going to meetings while you are detoxing. You do not have to tell anybody anything, just go to meetings. Go to as many meetings as you can. Go to the meeting in the morning and a meeting at night. You are home any way; you might as well go and learn about your illness. What is wrong with you and what the answer is, because once you quit drinking, then you must stay stopped.

Start going to meetings and get the meeting habit down. Meeting makers make it! As soon as your detox is over, ask someone to take you through the steps. Go to groups that are doing 12 steps, right out of the big book.