

When My Conscience Outweighed My EGO

Everything in My Life Changed for the Better

By Rick R.

I came through the doors of Alcoholics Anonymous (A.A.) at the age of twenty-eight desperately searching for answers to a life driven by the effects alcohol and its grip on my way of thinking. I have worked the twelve steps of the program as diligently as anyone I know in the program and I have never drunk nor wanted a drink since that very first day, many years ago. I was not a person who rushed through the steps in a hurry just to get them finished. I was in the Navy at that time and traveling away from my home port much of the time, but I was diligent and thorough about each step and when I felt that I had a firm understanding of that step, I would move on to the next step, and so, and so on. I was sober for two years before I thoroughly finished my fourth step. This was my pace through all the steps and, as they say, Thoroughness is the Watchword.

In my early years in the program the elders of that time suggested that if I intended so many meetings per week, one of them should be a Step Study and I have been doing that ever since. When doing this, we go through the steps four times a year and each time, we see how we have changed since the last time we studied that step. We also see the behaviors that we are still doing and can revisit that behavior and remove from our day-to-day habits.

About fifteen years ago, for the fun of it, I started making a list of things that started to evolve for me and the first thing on that list was: Things Started working for me when: My Conscience Outweighed My EGO. Since then, I have added eighteen others to that list that I will not go into in this article, but I may discuss them in future articles. From that point on I have been catching myself when I notice' within me, the need for attention and wanting to point out the faults of others and I have started to look deeper into why they are still doing these things and realize that they are symptoms of a disease of Alcoholism and if I am still pointing them out due to my (so called) wisdom, I am suffering from the same symptoms. We all have self-esteem issues when we come to A.A., and Egotism is one of them. We have, within us, the need to protect our turf. I looked up the word Egotism in the Thesaurus and came up with a list of synonyms such as: Self-centeredness, Conceit, Arrogance, Self-importance, Vanity, Narcissism, Insensitivity and Lack of Consideration of others, and so on. Prior to that, I was still struggling for attention, and this brought an end to my selfish motives and put me on the road to Compassion and Empathy. I am no longer in competition with anyone, and I no longer need the attention that I did when my EGO was in control. Today, My Conscience Outweighs My Ego and I have compassion for those that still display those symptoms and I am nobody's critic. I try to be a good role-model without being parental. Things Started Working for Me when my Conscience outweighed my EGO.