

I Look Back

I look back and wonder if I can forgive all the people who have really hurt me.

I look back and realize, I will never forget; but realize now, dwelling on my past and re-creating the pain leads to a cycle I have to change to stay free.

I look back and I feel I no longer can blame anyone else, because I know right from wrong.

I look back and understand I will feel pain now-and-then, but must let go and be strong.

I look back and don't dwell, and I realize I must do my best to forgive.

I look back and know so many others survived so much more and have found freedom, and a good way to live.

I look back much less, and I look ahead to a future away from here.

I look back on our sessions so far, and feel gratitude towards the caring 7 Step Team, and our group who keep coming back to listen, learn and share.

by *Ronnie Dunbar, June 23, 2016*