

## **From the Corner – *The Great Obsession: Control***

by Melissa Stephens

The 12-step program of Alcoholics Anonymous, facilitated by the Big Book, is a brilliantly spiritual journey. I am addicted to a lot of things, but the biggest hurdle to recovery is my addiction to myself. Journey with me through the Big Book as I explore how to recover from my own ego obsessions and personality addiction.

### [The Great Obsession: Control](#)

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The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. ([More About Alcoholism](#), Pg. 30)

What can I really control?

I want to say my mind, but that's not true. My thoughts can bounce around in my head like the ball at a tennis match. I can quiet it but not by controlling it. I can quiet the incessant banter of thoughts in my head when I focus on something else, my breath, for example.

Can I control my breath? For fleeting moments, I suppose, but at some point biology takes over and my lungs will do as they are designed to do.

Can I control my body? Not really. In this moment I have hundreds of systems functioning fully involuntarily. I do move and act voluntarily to live my life, but what percentage of those actions are subconscious automations? Most! And worse, how often do I do stuff that I really don't want to do or don't do things that I really want to do? (Like exercise before the birds even wake up-that's for the birds!) All the dang time!

If I can't really take command of my own body and mind, can I control other people? The weather? Traffic? The future? My schedule? The great delusion is that my displeasure at these seeming inconveniences will somehow change them.

I really can't control anything. Will somebody keep reminding me of this, please?

**People do their best making plans for their lives,  
but the Eternal guides each step.** [Proverbs 16:9](#) The Voice translation

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Melissa Stephens is the Communication Coordinator at Florence Christian Church in Florence, KY and a covenant member of St. John United Church of Christ. She is a passionate preacher, creative writer, a resident of Bellevue, and has a great blog! [addicted to me](#) living in the chaos is my new super power

Thank you, Melissa, for sharing your blog post with *From the Corner*.

-Pastor Keith M. Haithcock

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