



# Hurry Up, Already!

## Reflecting the glow of recovery from Starlight at Tamassee

By Jon Holland, CEO of Tamassee DAR School



I like to do things quickly. I drive too fast. I clean the house and straighten up like a whirling dervish. I tick off my task list each day at clip. It's not hard to catch me saying to my children, especially when they were younger, "Hurry up, already!" A couple of them move like snails in slush, so they *really* loved me rushing them.

Of course, some things need to be done patiently, but there really are steps to be taken at once. In Twelve Step fellowships, those working the steps for the first time are encouraged to complete Step Four right away. Just as soon as they have taken Steps One through Three, they should take Step Four at once. Don't wait. No procrastination. Hurry up, already!

Why? Because Step Four is the first way we show we meant the first three steps. Step Four says, "Made a searching and fearless moral inventory of ourselves." We may be ready to recognize our life is out of control (Step One), and we may be ready to believe a Power greater than ourselves can free us (Step Two). But if we've truly turned our will and lives over to God (Step Three), then we will make our searching and fearless moral inventory (Step Four).

It's also a imperative to take Step Four quickly because it brings such relief. Completing and sharing our moral inventory brings a sense of being truly known. To share the worst of our lives with God and a compassionate person frees us from the lying fear of judgment and rejection. It clears the air in our soul like opening the windows and turning on the fan after we've burnt a meal in the oven. It produces a feeling of freedom after years of lugging around our secrets and shame. It's like dropping a 100 pound bag of rocks strapped to our back.



Why wait to experience peace, forgiveness, and connection? We may have lived without those realities for so long, we've forgotten what it's like to experience them. But those ahead of us in recovery know. So, they tell us, "Don't delay. Get to it!"

Those who do procrastinate Step Four often fall out of recovery and soon relapse. The fear of facing their past is too great, so they medicate again. But there's no real relief down that road. In time, they come back and get down to work. What a pleasant surprise awaits. On the other side of Step 4, they look back and ask, "Why did I put that off?" In time, they are the seasoned Twelve Stepper saying to those just beginning the journey of recovery, "You've got to do this at once!"

At Starlight at Tamassee, we believe moms in recovery can find freedom, peace, and friendship by taking and living the Twelve Steps. To learn more about Starlight, visit [www.starlight.tdarschool.org](http://www.starlight.tdarschool.org), or contact us at [starlight@tdarschool.org](mailto:starlight@tdarschool.org) or 864-944-1390. If your church or civic group is interested in a presentation on recovery, contact Jon Holland at [jholland@tdarschool.org](mailto:jholland@tdarschool.org).

