



# Double Time!

## Reflecting the glow of recovery from Starlight at Tamasee

By Jon Holland, CEO of Tamasee DAR School



“Double time!” My wife and I have several family members who have served in the military, and I’ve seen enough war movies to know when the commanding officer shouts “double time” it means the troops must pick up the pace – 180 steps per minute to be precise.

Step 10 of the Twelve Steps of Recovery says, “Continued to take personal inventory, and when we were wrong promptly admitted it.” The wisdom of this Step directs us to take inventory each night using the test for God’s will to celebrate our progress and the test for self-will to make amends and forgive. This is absolutely critical for maintaining successful recovery.

Why? Most of the triggers recovering people deal with are relational. When fear, dishonesty, selfishness, guilt, shame, anger, or resentment fester, the trigger grows stronger. The stress of painful emotions drains my brain’s natural coping chemicals. As my conscience grows troubled, I grow uncomfortable inside. Avoiding the problem only make it worse. If this goes on for very long, I’ll turn to unhealthy coping - maybe late night eating or binge watching TV at first, but in time, a more serious addiction.

What’s the solution? Daily amends and forgiveness – double time! It’s not enough to take inventory. I have to follow through on what I find each night. If I was selfish toward my child, putting off her needs for my own preference, then in the morning, I apologize and meet that need. If I lied to my supervisor about why I was late, then I go to her when arriving at work,

tell the truth, and accept the consequences. If a recovery friend confesses he was unfaithful to his partner but wants me to keep it secret, I call him tomorrow to tell him I'll give him a few days to share with this spouse. If he doesn't, I'll seek God's guidance about who to tell next to support him.

Double time responses to my inventory also apply to forgiveness. If a coworker took credit for a project he had little to do with, I forgive from my heart and have a conversation with him about team dynamics. If a friend at church snapped at me about politics, I pray to forgive and talk to her about respectful dialogue. If my partner squanders our money on gambling yet again, I speak words of forgiveness then place my money in a separate bank accounts and put certain bills in her name.



In *Alcoholics Anonymous*, the authors wrote, “Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone” (p. 84). Notice the words “at once” and “quickly” – double time!

The Big Book makes astounding promises if we follow through each day with our inventory. “We have ceased fighting anything or anyone—even [addiction]. ... We will seldom be interested in [using]. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward [addiction] has been given us without any effort on our part. It just comes! This is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.” (*Alcoholics Anonymous*, page 84)

At Starlight at Tamassee, we believe in the slow but profound miracles of daily inventory. 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).

**Starlight**  
MIRACLES AWAIT AT TAMASSEE