

It has been said, "We are only as sick as the secrets we keep." Our emotional health as recovering women is hindered, perhaps even jeopardized, each time we hold something within that we need to talk over with others.

Sharing our fears, our hurts, our anger, keeps open our channel to God. Secrets clutter our mind, preventing the stillness within where our prayers find answers. Secrets keep us stuck. Our health, emotional and spiritual, depends on our commitment to shared experiences.

Every secret we have and tell someone, frees that person also to be herself and to grow. Sharing experiences relieves us of our shame and invites the forgiveness we must allow ourselves.

Steps Four and Five facilitate the process of sharing those secrets that block our path to God and to one another. Never can we be fully at peace with secrets left untold. Self-revelation cleanses the soul and offers us life.

Perhaps rather than "forgive and forget," our new adage should become "forgive and live."