

*One night at a time I will  
remind myself that nothing is required  
of me in this moment.*

My day is done, and tomorrow offers a new beginning. I am more open to Higher Power's guidance when I honor my need for rest. I do not need to plan, solve problems, or correct errors. In this present moment, I pray for a quiet mind and a contented heart. This night, I choose to turn over yesterday, today, and tomorrow to the care of my loving Higher Power.

*I will rest now, safe in the  
knowledge of my Higher Power's  
love for me. I believe the help,  
guidance, and strength I need for  
tomorrow will be freely given to me  
as I continue to pray, "Thy will, not  
mine, be done." I remember that my  
Higher Power dreams bigger than I  
do. I choose to rest in the loving care  
of my Higher Power.*

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## One Night At A Time Explained



*"... a fellowship for those with  
chronic pain and chronic illness."*

In CPA we learn to live in the solution and not in the problem. These One Night at a Time suggestions can guide us toward serenity. We can't take them all on at once. It helps to take one, study it, and apply it to our lives until we are familiar with it. Over time we will see how changing attitudes and actions can open the door to newfound happiness and a celebration of life.

*One night at a time I will honor my gratitude.*

Challenges and blessings happened today, and I am grateful for both. I have come to believe that my Higher Power is in charge and is working toward the greatest and highest good for myself and others—regardless of circumstances and appearances. This night, I choose an attitude of gratitude.

*One night at a time I will honor my willingness to surrender.*

I applaud my willingness to surrender that which no longer serves me or my Higher Power. I surrender my powerlessness and relax. I trust my Higher Power to change my relationship with myself, my body, and all that troubles me. Even in the depths of chronic pain and chronic illness, I am willing to change and be changed. This night, I choose to celebrate my growing faith.

*One night at a time I will honor my courage and my fears.*

I may have taken risks today, big or small. I may have asked for help and been willing to be of service. I may have felt frightened, may have been reactive, or may have felt hopeless—yet I faced another day with the help of my Higher Power. This night, I choose to acknowledge my courage and bravery when facing my fears.

*One night at a time I will honor myself exactly as I am in this moment.*

My body, mind and spirit have served me today. Perhaps not in the way I would have liked, but they have served me—and they have served my Higher Power. I remember to pray for Higher Power's will to be done—not my own. I release judgment and criticism. I accept my whole self in its limited functionality as beautiful in the eyes of my Higher Power. This night, I choose self-compassion and self-care.

*One night at a time I will honor self-acceptance.*

I am a work in progress, a perfectly imperfect human being just like everyone else. I choose to view positive and negative thoughts, sensations, emotions, and behaviors with kindness and gratitude. I release the need to

label these experiences as good or bad. Each arrives with wisdom and clarity that Higher Power will reveal to me. This night, I choose self-love.

*One night at a time I will honor others just as they are.*

I may have felt anger, frustration, or disappointment with others today. I might have had expectations that were not met. These feelings signal my need to practice tolerance, acceptance, and unconditional kindness. In all my relationships, I release my resistance with compassionate self-awareness. This night, I choose to bless everyone in my life and wish them all a serene night.

*One night at a time I will greet all my feelings as valued friends.*

I may have felt rage, panic, irritability, jealousy, loneliness, or grief today. Although some feelings can be overwhelming and unpleasant, they all have something to teach me. I can acknowledge all my feelings and ask for Higher Power's guidance in processing (not suppressing) them. I do not have to let these feelings dictate the quality of my rest tonight or my actions tomorrow. This night, I will trust Higher Power to show me the wisdom in all of my feelings.