

Blog #4

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Smart Ass

I have found that being intelligent has its own complicated and unique set of downfalls. Because I knew that I was intelligent and had to put in very little effort to pass in school when I was younger, that's exactly what I did. I put in minimal effort. That actually set me up to be a lot lazier as an adult, knowing that I didn't have to use my full potential to get by comfortably. That left me a lot more focused on having "fun" instead of working harder. Which, eventually, led to hedonism, rebellion and alcoholism run riot. Then while finally trying to overcome alcohol and get sober, I thought I could outsmart it, beat it. I learned everything I could from therapists, programs, books and videos about the scientific causes and mental maladies that lead to addiction. And I couldn't conquer this monster. I got extremely frustrated. How is it that I can accomplish anything and everything else that I put my mind and some effort into, but not figure this out? I'll tell you why... after almost killing myself trying to get sober on my own I finally stepped into AA to see what it was about. The first thing I heard that I hadn't even thought of on my own was that I was spiritually sick. I told someone about my personal attempt at learning my way out of it and the response I got was "how'd that work out for you, smart ass?" My soul was in need of repair! Not my liver. That brought on its own set of difficulties. I couldn't rely on my brain to figure this one out. I needed to use my heart. Something I wasn't used to. I had to get HUMBLE!!! Admit that I don't know shit about being sober and had to be taught like a child by people who have been through it before me. That's not easy for a person who takes pride in his intelligence and ability to work things out on his own. AA is a simple program with guidelines, But, my Know-it-all attitude complicated it by over-thinking the process too much. I struggled with it, but eventually I bit my tongue, swallowed my pride and ego, and did it. Now I get to help others struggling like I did to stay sober. Today I can admit when I'm wrong and accept help if I need it. I'm remaining teachable. And that has proven to be a great asset in life. So now when I think that I got things all figured out, but they're not working out, I don't get frustrated. I take a step back and say to myself, what did you get wrong this time.....go ask someone for help..... smart ass.