

What is the difference between poison & a virus?

Answer: poison is not contagious, but a virus is. A snake bite harms only the person bitten, whereas a virus infects the host & then spreads throughout the population.

Negativity is a poison. A person's poor attitude, sour mood, & pessimistic world view is personal to him & affects only him. This is as it should be. But we tend to treat negativity as a virus, allowing others' moods & attitudes to infect us & ruin our day. It does not have to be this way.

In my recovery, I must treat negativity in others as the poison that it is. I must resolve to determine my own mood, attitude, & world view, & allow others to suffer in their's if they choose. In service, we try to express empathy & offer to help in any way possible. But we do so cautiously, always guarding our own peace as the first priority.