



# I Can't Be Like Mike

## Reflecting the glow of recovery from Starlight at Tamasee

By Jon Holland, CEO of Tamasee DAR School

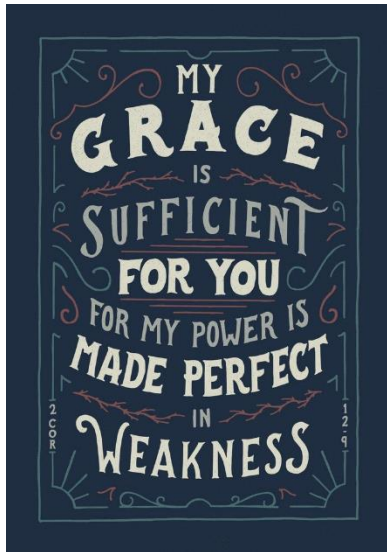


As a Duke basketball fan, I couldn't help but be in awe of the greatness of Michael Jordan. My love for the game created a passion to be good. I practiced in my back yard for countless hours, and I watched Michael Jordan's videos for kids. They were both instructional and inspirational – how to shoot, how to visualize hitting the game winning shot, and highlight reel footage of Air Jordan.

But no matter how much I practiced, I couldn't dunk the basketball. I lifted weights to improve my vertical leap, but every time the ball would doink off the front of the rim. I tried and tried but just kept failing. I wanted to be like Mike, but I couldn't. As the adage goes, "Insanity is doing the same thing over and over again expecting different results." My attempts to slam dunk a basketball were insane, and eventually I gave up.

Those of us who struggle with addiction feel like this. We keep going back to the same substance or behavior hoping this time we'll finally feel better, but we never do. Even our recovery attempts can feel like trying over and over again and failing. It all feels like insanity. Of course, insanity can refer to severe mental illness, but it also means something utterly foolish or unreasonable. In this sense, addiction is insanity.

At just this point of seeming hopelessness, Step Two of the 12 Steps offers a promise – “a Power greater than myself could restore me to sanity.” Wait, I can be sane? Yes! I can break out of this maddening loop I've been caught in? Yes! There is a Power that can restore my soundness of mind (which is what sanity means). Addiction is a brain disease, so my mind doesn't work as it should. My brain wiring is off. My thinking and feeling are diseased. They need to be healed so my mind works properly.



The Power – with a capital P – the 12 Steps invite us to discover is the power of God, who resides within each of us. When I surrender to his loving care, then I discover I can break the loop. My mind will grow sound again. I can in fact dunk the basketball of recovery because I'm not doing it on my own. God and I are doing it together! I can think correctly, feel my way through triggers and trauma, and relate to God and recovery friends who will support my mind to become sound. Trusting this Power and recovering soundness of mind is a slow process, but if we're willing to do the training, we can soar, tongue hanging out, and create our own highlight reel of fullness of life.

At Starlight at Tamassee, we believe moms and children in recovery can indeed be restored to sanity through the power of the all loving God. To learn more about Starlight, contact us at 864-944-1390 or [starlight@tdarschool.org](mailto:starlight@tdarschool.org), or visit <https://starlight.tdarschool.org/>.

**Starlight**  
MIRACLES AWAIT AT TAMASSEE