



Addiction is one of the hardest things to walk away from, even if it is killing you and hurting everyone around you.

Most people will not even realize that they are addicted until they try to quit. For me, addiction began as a way of coping with childhood trauma.

It was a way to escape reality. There were things in my life that I did not want to deal with, so I numbed the pain and pushed it as far back in my mind as possible.

From there, addiction became a necessity. Somewhere in the middle, there was a transition from self-medication to physical dependency that I did not realize had occurred. My full-blown addiction became apparent when I realized that no matter what damage it was causing, I was powerless to stop. After years of making bad choices and getting bad results,

I decided that I needed to get help. It was not easy to let go of the life I knew, because the only coping skills I had involved substance abuse.

I am not going to pretend the process was easy. Taking a good hard look in the mirror, and admitting all my faults was downright painful, but necessary.

I came out a better person.

There is a lot involved in the process of recovery, but it works! All it took was for just one person to believe in me for me to believe in myself.

With each new day, I grew more confident in who I could become. Once I learned how to accept life as it came, and work through problems with my new coping skills, things really took off for me. God placed people in my path that would lead and guide me to where I am today.

I am proud to say, after struggling for over 20 years with addiction, I am living a healthy happy life, that is completely free from mind altering substances. Relationships that were damaged have been restored. I have a wonderful job that values my work.

Most of all, I have peace and serenity. I keep my sobriety through prayer, meditation, and sharing my experience, strength, and hope with the addict who still suffers.

Heather

- a grateful recovering addict -

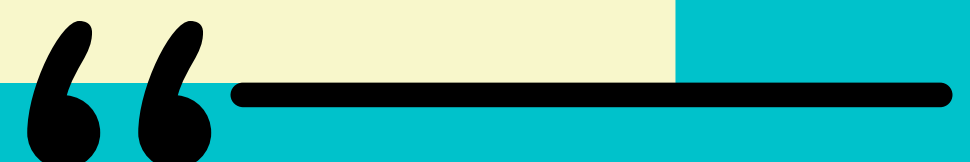


Rock bottom became the solid foundation on which I rebuilt my life

J.K. ROWLING

Agency for Substance Abuse Policy

KY-ASAP Hopkins



The first step towards getting somewhere is deciding that you are not going to stay where you are

J.P. MORGAN

