

A day in the life of Recovery



My story will not be very long as I am still in my first 7 months of recovery.

Sobriety for me is, for as long as I can remember, something I've always wondered what my life would be like 'sober'. I finally got curious enough to start doing a 12 step-program.

My life is much more stable, I've got a job I really enjoy doing and have an apartment, I am very grateful for having, and I am very proud to have the friends I work with and the family that have never given up hope for me.

I wouldn't have been able to do any of this without God, He has made possible the events in my life that led up to a sober one. Without help from God, I would be nothing. Today I am a productive and happy woman doing things I'd never thought possible.

I don't worry about having to depend on anyone for anything, instead I work on relying on myself. I do my very best to

be honest in whatever I do, in all my affairs. I work on being honest with myself, this is very important because it helps me to deal with my problems more effectively. In the past I would have just isolated myself, then my problems would have just gotten worse.

Today I don't need to drink because I could not handle my problems, I'm not alone to deal with it all anymore, I can rely on God to help me and when I give my day to Him I can reassure myself of my faith. And I have little reminders that make me say "oh yeah I forgot, I turned it over to God" this is something I still need to work on daily.

I can still have bad days but they are getting fewer and farther apart, not as frequent as before which was practically every day. Today I have my freedom, freedom from the bondage of my alcoholism, I have my own choice to work my 12-step program or end up in one of three situations that were right around the corner

for me: incarceration, an asylum or dead. Not very attractive choices, but very real ones for me. Since I'd already gone to jail and had already graduated 2 residential treatment centers, that only meant becoming a chronic alcoholic, dragging the inevitable along, death or suicide, a lot sooner.

Today I am very grateful to be able to humble myself enough to ask for help, whereas before in my old days I was too proud to admit that I had a problem.

The first day I admitted that I had a problem and asked for help - I surrendered. This does not mean I had given up, or had to give up, for me it meant that I had opened up enough to let trust and love enter my life. I'm not very good with words and writing but I sure have a lot to share.

Today I have a support system of people who really care about how I 'feel'.

Page 8, please

A day in the life of Recovery . . .

Continued from page 1

and I don't know what I'd do without them. Here at my job I have Anna who listens and understands, she helps me especially with my outside counseling. She supports this by allowing me to go to my appointments during my office hours, and Jeff who has been objective (which helps like you wouldn't believe). His sincerity in friendship is priceless. My family, loved me unconditionally, my aunt Carrie stands up for me and loves me through all of my hardships, her support is something I hold very close to my heart.

I wish I could tell you it all happens overnight but it doesn't, I've learned that I am still teachable, I can learn how to love and trust others again without hesi-

tation. I do my days on a daily basis, and my past does not have a hold on me like it used to, my future is something I don't have to get scared about as long as I keep giving over my days to God, staying in the here and now is getting easier.

The 12-step program has promises that are coming true for me, in fact my daughter Janelle and her husband Brian are coming up to Alaska for a 2 week visit and I am so excited, Janelle, was only about 3 weeks old when my husband and I had left for his hometown Kenbridge, Va., in 1976, Janelle and I came back to Alaska once in '78 for a 2 week visit to see my family. Now she gets to see home again, and this time we'll be able to share a lot more together.