

Life after Meth

So many meth addicts out there don't believe it is possible to face the rest of their lives without Meth. A drug that takes you to Hell before you know what hit you. Well I'm here to say it can be done. I am living proof that there can be a better life on the other side of being a "meth-head."

Near the end of my three-year run, I was a daily smoker. I ran for days with very little if any sleep and very little nutrition. I was homeless on the streets. That is of course when I wasn't in jail. Not a friend in the world and my family had given up on me for their own sanity. I had been arrested for possession and sales twice, arrested for shoplifting and stealing, for altering the plates on my car, for driving without insurance and for a dirty "UA". I was court ordered evicted from trailer. I was given 10 years probation and received a \$10,000 fine and a threat from the judge whom I had been before so many times, that if I ever came before him again I was guaranteed a couple of years in prison, no questions asked.

I worked in a coffee shop where the cops came in nightly for coffee and they knew me by my first name. I was arrested at work twice and must have had 20 jobs in that three-year period. I had to drive more than 40 miles away to find a job since no one in town would hire me. I had so many sexual encounters that it should have been deemed a death wish. Unprotected sex with HIV drug users, that if I didn't get HIV or AIDS, I could have easily become pregnant or be infected with Hepatitis.

That was five years ago. Today I am in my last year of college to get my Bachelor's Degree in Addiction Studies. My goal after graduation is to become an Addiction Counselor. If you had told me five years ago that this is where I would be, I would have laughed in your face and pushed you aside to get my next hit. I guess what I am trying to say is, if I can turn my life around at the age of 35, then it is within the reach of anyone who truly wants it.

It hasn't been easy by any stretch of the imagination, it's been a long, hard road and still even after five years I have "using dreams" and miss my old way of life. I fight the cravings each and every day, but I have come to a place in my life where I realized I had much more to offer this world than being a drug addict. Maybe, just maybe, I can help one other addict realize this as well, and then my life in purgatory will have meant something. I have to believe that.

Things are going good for me now, but I never let my guard down, not for one second! I am living proof you can come out the other side of the addiction and that life can be what you want it to be. Just because you think and dream about using, doesn't mean you have to act on those thoughts and dreams. After time you will grow to accept that is a part of recovery. The fear of using lessens the more clean time you get. Being able to move far, far away from your using life, I truly believe is a must.

Sheka K. - A Recovering Meth-Head