

Recovery & Me

Voices from Soberstock 2009

I started drinking when I was about 11-12 years old and continued to drink and use drugs that made my life very unmanageable.

I went in and out of jail my whole life because I didn't know how to stay clean or not do criminal activity. I was lost and alone. I had no one to show me a different way of life.

Until I started coming to meetings and putting the drink and drugs down. I had to look at myself and learn a new way to live. I had to let go of my past behaviors and learn new attitudes toward my self.

I also had to find a God of my own understanding to help guide me through my new journey for my new life in sobriety.

-Anonymous