

Voices of Recovery from Soberstock 2011

In my 42 days clean and sober, the beginning is like a roller coaster I've never ridden before. Everyday seems to be a struggle with my emotions, family, children, and just dealing with everyday stressors. I keep repeating to myself "You have to go through it to grow through it".

I do have good days and the good days are GOOD. I'm grateful for my life today and that I have a second chance to make things right. Just remember "Bend your elbow lose your ass," that is a quote from someone very close to me in my recovery.

One day at a time....

-Anonymous