

Recovery & Me

Voices from Soberstock 2009

My recovery has been not an easy task. I have been through getting laid off from a job of four years and death of people close to me. But through these tough times, my support group, Higher Power, and a great sponsor, has helped me stay sober.

Working the steps also helps. Thank God for more happy times than bad ones. My worst day sober is extremely better than my best day high!

-Kris M., 12/20/07