For more information about treatment and recovery services in Berks County, please contact the Council on Chemical Abuse.

“Lauren’s Journey” is provided by Lauren’s mother Terri.

Terri’s email: runner21@comcast.net
Do You Remember...
- The darkness?
- The overwhelming despair?
- Not remembering? The gaps, the fog, of having no recollection of what you did or who you hurt?
- The desperation? The depths you sunk to until you no longer recognized the person staring out at you from the mirror?
- The unanswered calls? From the family & friends that you hurt one too many times?
- The disappointment? In yourself? But so much worse, in the eyes of those who love you?
- The false promises? When you swore to them you were done, when you full well knew you weren’t anywhere near close to stopping?
- The destruction? The lives that were disrupted & thrown into the chaos because of you?
- The tears? The ones you constantly made your mother cry because you were so selfish & sick?
- The loneliness? Of feeling so very much alone in the world full of so many people?
- The stupidity? The trouble you got into that you are still paying for today?
- The denial? Swearing up & down to yourself & everyone else that this was not who you were, not what your life had become?
- The dread? Of having to face another day & all that came with it?
- The guilt? The weight of it so tremendous you were just waiting for it to crush you?

Now Do You See...
- The light?
- The peace?
- The answered phone calls? Your family not only answering your calls, but calling you just to talk?
- The opportunities? A million possibilities in front of you that you are now able to reach for?
- The contentment? Of being at peace with yourself & finally being able to look at yourself in the mirror?
- The acceptance: Of your past & what was done in it? How you can now look back & not cringe in shame?
- The smiles? The ones people give you for no other reason than they are happy to see you?
- The pride your family has in you? The very thing you tried so hard to attain but feared you had destroyed any possibility of?
- The forgiveness? That has been granted to you and has healed you from within?
- The selflessness? Of wanting to help others more than yourself because it truly makes you feel good inside?
- The wonder? In each & everyday & feeling so blessed to experience it?
- The grace? That has saved your life & allowed you to be set free?
- The hope? Of living, really living & being in awe of what each day brings? Of looking forward to tomorrow & the mystery of what it may bring?
- And now do you see you? Do you see the transformation from what you remember to what you now see?