

Alcohol Rehab Program Saves Proud Mom

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Anna has been to three of the best known and most exclusive (and expensive) drug and alcohol rehab program facilities in the country. Beginning ten years ago, while she was embroiled in a bitter divorce, she attended her first treatment program. It worked, for eight years, like a charm. Alcohol was her drug of choice, and for eight years she felt she had faced her demons and conquered them by completing an alcohol rehab program.

During this prolonged time of sobriety, she remarried - her second husband was a charismatic and sober man. "We had a blast. Not drinking was our way of life. We had so many other wonderful things to do; alcohol just never entered the picture." Then the unthinkable happened. Anna's husband died of a massive heart attack and her world shattered. His funeral was held on her birthday and out of grief, without even thinking, Anna took her first drink in almost a decade.

"I don't have a clue what happened, I don't even remember picking it up. I was so distraught at that time, things just got out of control fast. It was my children who snapped me back into reality. I am a proud mom. When your kids confront you with something like that it really kicks you in the ass and you just say to yourself, 'No. This has got to stop'." Anna entered her second drug and alcohol rehab program shortly thereafter.

She faced her addiction head on, but this time she relapsed fairly quickly. "I still wasn't really ready. I had the icing, but I still needed the cake. I knew what it was to be sober, but I needed a stronger foundation to build on. I was still grieving my husband."

So, she did it again. And the third time was the charm. Anna is now sober and facing her life with renewed vigor. "I have made some great friends in alcohol rehab, and the last treatment program that I successfully finished has given me the rest of the tools that I will need to stay sober forever. I am also involved in a great aftercare program and the groups that I attend provide me with support."

September is National Alcohol and Drug Addiction Recovery month. Communities across the country are recognizing the struggle of and reaching out to millions of men and women who battle alcohol and drug addiction. If you or someone you love is one of them, find a successful alcohol rehab program now. You may have tried before but Anna's story proves that, with persistence, you can win.

<http://www.stopdrinkingadvice.org/guide/>

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