

An Alcoholics Story

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A little over 9 years I made the decision to become sober and it was the best thing I ever did in my life. What I recognized years later was that I was trying to escape the typical adolescent feelings of inadequacy, and I wanted to fit in with my peers.

It was the early seventies and it seemed that everyone was getting high. For 24 years I continued using, till 1997, when I woke up one morning and recognized that I just couldn't to live like this any longer. I consider myself very lucky, as bad karma had begun to surround me everywhere I turned.

I was earning very good money at the time, but a huge hole continued to build inside me, and I realized that I wasn't going to stop using. My drinking and pot smoking turned to cocaine and then eventually crack. I was sinking fast. It was by the grace of God, a good therapist, and a caring doctor, who finally helped me get on the track to sobriety.

I committed myself into joining an evening re-hab, and completed the program in a few months. The important key to remember that I have a disease which is called alcoholism. It is a fixation of the mind which affects our physical, emotional, and spiritual states.

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