



I was born in Atlanta Ga, the younger of two daughters. I have very few childhood or teenage year memories, and those I have, I believe it's from hearing the stories throughout my life. In other words, I do not have any "living the experience" memories. I do not know why and it was not until I was in recovery that I even realized this about myself. At first I wanted to find out what happened to me to cause the memory lost, so that I could blame someone/something for all my problems. Today, with the help of POH and continuing help from others, I have let go of that, and know that God will reveal to me what I need to know in his timing. With that said, I do believe that my parents did the best they could with raising my sister and me. As the saying goes, "you cannot give, what you do not have"

After I graduated from High School, I moved out of my mother's home and never looked back. I got a great job with a major telecommunications company. My early twenties are also very vague, I do know that I enjoyed drinking and hanging out with friends, mostly guys. I believe that men were my first addiction as I seemed to always choose the one that treated me badly and I couldn't get enough. I would do everything to make him happy, while all along I was miserable. Searching for Love in all the wrong places! In my mid twenties, I moved to North Atlanta, I had been promoted within my company several times, making very good money, and I had arrived! I do not know if my family helped me in my move or if they ever came to visit. I know I did see them on special occasions, holidays. I married when I was 29 and at 32 had my only child, who would now become my everything!! I did everything for and with him. Can you say spoiled, to the core!! I continued to climb the corporate ladder, work and being a mother was all I knew. In 2005, I found out my husband had been having an affair and we divorced shortly afterwards. My son, now 12 years old was finding his own identity, and was spending more time with friends. Now I would find my identity in my career, promotions, traveling and entertaining clients, which always included drinks! Looking back, when I drank, I drank alcoholically, I would drink in my hotel room before meeting the group and would drink till I passed out when I returned to my room. At home, drinking became a weekend event for me. However, I always managed to take care of my son, my home and work. Early 2006, I entered into a controlling/abusive relationship, drinking would become more frequent. Late 2006, I was offered an early retirement package, in the middle of my addiction and controlling relationship and I took the offer. It seemed like the next day, my daily drinking began and my life would start spiraling out of control. I would go on binges and would be MIA for days. Then the day came in 2007 when I found I could no longer get out of bed without a drink. At 46 years of age, I had lost all self control, self esteem and self worth. I had lost myself; I was no good to anyone, not even my son who I cherish. I hated me, I had no idea what caused me to turn so bad, I could not fix it or figure it out. I suffered from major panic and anxiety attacks, I did not want to die, yet I could not stand to feel either. Alcohol and sleeping pills provided me a solution to numb out everything. In August 2007, I arrived at Promise of Hope. It would take many, many months there for me to get honest and to begin looking at my problem, me. POH gave me a new solution for my living problem, a solution that would fill my emptiness and a solution that I could lean on daily for strength to live a happy and fulfilled life. I have

been told that GOD is everything or he is nothing. For me, today, I choose to make him and give him everything! A dear friend once told me, "We don't know, what we don't know" Well, today I do know, I have experienced his amazing grace and mercy in my life and in the lives of others. Today, I decide to make him my solution for living!

I am so grateful that I found Promise of Hope, where I learned to be willing and open minded and most of all where God could reach me and save me from myself.

With much Love and Gratitude,

Sandee