



April 30 2012 I embarked on a journey that I never thought was going to change my life the way that it did. I just celebrated the 3rd anniversary of my sobriety. Not a single mind or mood altering substance. Three years ago I was a monster. I ripped through the lives of everyone who loved me fueled by fear and in the grips of an obsession that I couldn't fight on my own. I didn't start out that way. I was a cheerleader in high school, I made good grades. I had goals to graduate college. I also loved to party. Unfortunately the attention was what made me feel accepted and comfortable in my own skin. Because on the inside I always felt like I never fit in. So when I started drinking, it was easier to socialize and I thought everyone loved me. Unlike my girlfriends I could not stop drinking at a party. I had to go until I was sick or I passed out. Then over several years the progression took me to prescription pain killers and shortly after that I graduated to IV heroin use. I got a DUI and bounced from college to college until I wasn't going at all. I lost so many jobs. In and out of jobs, jail, hospitals. Living at people's houses, motels, my car. I finally ended up at Promise of Hope. A residential rehab facility where I spent 17 months of my life.

Promise of Hope was no walk in the park for me. Other rehabs were easy, jail was easy. Those other facilities didn't force me to look at myself. Those other places allowed me to continue manipulating so that I could always go back to using. POH called me out on every behavior that was sick until I was able to see it for myself. They loved me and accepted me and did everything they could possibly think of to help me. I hated God before I went to POH. I

now have a relationship with my Savior Jesus Christ. I never wanted to be at POH. I never wanted to get better. Until one day I was better. I have long lasting friendships with the girls I was there with. I don't regret a single day of those 17 months. Sometimes, faced with the real world problems, I long to go back for a night or two :).

Today I have a job which is leading to the career of my dreams. I have amazing friends that I can actually be there for. The relationship with my family has been restored. I have an amazing incredible out of this world man that I get to marry. We just bought the cutest little house together! But more than that, I have self confidence. I don't have to be afraid anymore. I can get through any emotion (even the worst ones) and never feel like I need to use or drink to get through it. I love myself today. I almost can't even believe how different I am. How different my life is. I could not have done ANY of it without Jesus Christ and my AA family, all of the people God has put in my path has led me to where I am now (including Judge Grubbs). And I absolutely could never have done it without Promise of Hope.