

1st Blog - 12 Step Recovery

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Well, here I am. I am an alcoholic but I have had enough. This is the very first time I have used that term to describe myself. I've thought it... and I've pussy footed around using it, but it is the first time I have typed it out.

My last drink was on April 3, 2010 and I am glad to report that I did not get drunk that night. But that is the night I admitted I had a problem. Well, I had admitted it a couple of years earlier, but continued to believe lies that I could control it. But I can't. I am powerless over wine. Scotch doesn't give me a problem... but I have had enough of that too.

So on April 4th, wanting to get totally drunk, I texted a friend. He helped me. Tremendously... I am trying to find support in a community. Where I live, I think the ANONYMOUS part maybe doesn't really exist... and I'm not ready to tell the whole county about this. Probably I never will.