

Written by Stephanie Mow
Thursday, 10 June 2010 16:30 -

Man does time go by fast anymore! I can't believe it is already June and summer is here. I'm still using so I have no clean time yet. I've been trying and trying and it just isn't clicking yet with me. I'm to the point where I just can't do it anymore-drugs are ruining my life and I am to the point where I don't care whether I live or die. I wish sometimes that I could just disappear or just runaway, but I know that won't solve my problems and my addiction. I do think about dying a lot lately, but I could never be that selfish-I have two children who need me, as well as my mom and dad, among others. So please no one panic that I'm going to kill myself...I just think about it, and don't plan on acting on those thoughts. I really need to find a solution to this addiction problem that has had a hold of me my whole life. And I know it's really simple: just stop using, make the decision to not use! So in theory there is a simple solution to my problem, but in reality it isn't that simple to me to quit using. I know I need to change everything in my life-change where I go, my friends that use and just basically anything that triggers me wanting to use. The hard part with this is that I have someone very close to me in my life that is actively using and I'm not sure how to deal with that. I guess I just need to focus on my sobriety and hope that maybe this person will follow my lead in getting clean. I've been trying to get him to go to meetings with me, but he doesn't want to be in the same meeting as me-this I kind of understand, but again find a little odd considering we've used together and pretty much know everything about the other person. But I guess it's everyone's individual choice.

I have managed to stop using some of the drugs I have been using, so that is a little step forward. I'm starting to get out and do things on the weekends, like camping, fishing, swimming, etc., and these things help keep my mind off of using. The outdoors have always been peaceful for me, I feel more at ease and calmer when outdoors doing things. I find that I like to be alone a lot lately as well. I tend not to use at all when I am alone, especially if alone outdoors swimming in a lake or whatever. The only thing is that my family does not understand all of this. I just think it is so hard for non-addicts to really understand and support addicts in their lives and getting sober. Those non-addicts in my life should really get educated more about the disease and go to open meetings or something like Alanon where they can hear others' stories and other addict's stories and issues.

I'm just grateful for the friends I have made on this site. I like getting on here and opening my mail from others on here, others that can relate to me as an addict. It's also inspiring to hear others' stories of their lives and their clean time and how they work the steps. And it lets me know that I'm nothing special just because I'm an addict, that there are tons of people out there that have the same problem as I do and even more so that there are others that have had a way harder life than me and have bigger issues than me, yet they have managed to get clean and stay clean. If they can do it, so can I. I just need to take that jump into sobriety. I know it's going to probably be the hardest thing I ever have to do, but I have to do it (no more excuses). Like I said, I'm at the point where I need to quit NOW, otherwise I'm going to not only ruin my life, but I'm going to bring others down with me in my life. And that just isn't right nor fair to them. I owe it to my children to get clean, and to be a better role model for them. My 16 year old has now tried alcohol and pot and is regularly smoking cigarettes now, which just breaks my heart. I'm watching him closely and hoping to God that he doesn't fall into the addiction curse. And I know that if he does start down that path that it is going to be hard if not impossible to stop it--I know when I was at that age using that nothing would've stopped me, hell rehab didn't!

Stephanie's Blog (New to this site) - 12 Step Recovery

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It just really scares me and I am really worried about him. He has no motivation to do anything and is basically flunking out of school. He wants to quit and do a GED program. I just don't know what to do with him-he just doesn't care about anything anymore it seems. I want him to do something with his life. I'm thinking about taking him to meetings with me. And I'm definitely getting him into counseling hoping that he will talk more openly with someone else and that he might listen more to someone else.

Anyways that's how my life has been going lately. Not too well....but I'm trying to make it better. For me, it's just so much easier to use and ignore everything bad in my life, it has always been that way. I need to learn how to cope and deal with my emotions and feelings without substance abuse, and to me that's a really hard thing for an addict to do. Especially since I've basically done this my whole life....so I really need to focus more on step 1 I think. To really take an honest look at my addiction and to be honest with myself and others more. And to take it one day at a time, to not worry about tomorrow or yesterday (because I can't change what has happened in the past)...to focus on today, to be the best person I can today.