

I didn't care that I was ~~addicted~~
~~to drugs~~ an addict. I thought
a moment of sanity I did care, but
things still had to get worse before I
could get help. I got straight & I
figured I had it best. I thought I could
drink socially, but I just went into
a different addiction a lot of the problems
were the same.

I feel I have to carry a message
to people so I can help them remember.
Keep them green (it helps keep me green)
you have to give it away to keep it.

Addiction is a cunning, baffling, & powerful
disease. I have to watch out for it by
keeping myself green. By doing this I'm
carrying a message to others. You can only
keep what you have by giving it away.

ADDICTION IS A FORM OF SELF-
SUICIDIDE

I keep finding that today is better than the best day, it may be the worst day today, but its better than the best day when I was using.

When I first started coming around I had to believe with blind faith what people were saying, because for a long time I did it my way, and my way ended up getting me high.

It was hard for me to accept the first step, because I couldn't admit total defeat. I ~~was~~ had pushed myself to the point where I was giving into myself totally, possibly even suicide; I had to find something and knew I couldn't do it by myself. Finally I said, "Hey, I can't fuckin' beat it." And then I found hope!

If I don't humble my self to my Higher Power theres a good chance I wont get any better.