

Chavez  
~~Chavez~~

Honesty is a subject that's really  
been hitting me hard lately. Since  
I was 21 I have been trying to  
come to grips with my alcoholism.  
Every time I would stop drinking (I don't  
even know if it was consciously or  
unconsciously) I would replace it  
with a drug. I didn't matter what  
drug any drug would do, whatever drug  
was around. Recently I caught myself  
red handed. A friend I know started  
selling coke & quaaludes, and I just  
started buying & buying & getting on  
credit. I found myself running out  
out of credit with him. Little by  
little I started perpetrating off of him.  
A bottle of perks on the table I'd  
grab a graph when he wasn't looking.  
A whole bag of lades near me I grab  
5 or 6 when he ~~went~~ went to the  
bathroom. Come some some when he  
wasn't looking. All of a sudden I realized  
how sick I was really becoming. ~~So~~  
I had to admit to myself I was also  
a drugg addict & it was time for help

Bristol Group N.A.



J Sep  
RAINBOW IN CONNECTION

### Honesty

I have found honesty to be the most difficult, but most rewarding, thing to practice in my sobriety. Total honesty, without reservation... I heard that loud and clear when I came <sup>back</sup> into the program this time, it seemed like every other meeting for the first couple weeks, the topic was honesty. I started to practice it, and have found it to be the bedrock upon which my sobriety has been built, and I believe that if I get away from being totally honest with myself, I stand in danger of losing my sobriety. It is very easy for me to be dishonest while appearing to be honest as pie. But when I am, I lose touch with reality, life becomes a game I play in my head. The situations in which being honest has been the most difficult, have ~~been~~ <sup>produced</sup> the most satisfying and rewarding results when I was honest, and I've experienced feelings of happiness and serenity such as I've never known by dealing with problems honestly.

Bristol Literature Committee

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