

4009 (1)

start growing from it. So they ripped your ego apart in 3 sentences, and then they try to put it back together again. Ya know, for somebody just coming in off the street.

Yeah, I just remembered the powerlessness that I felt using drugs. As it says, it was always calling me, to a bar, to a party, to walk down the street, gotta get loaded. Before you go to get loaded, ya gotta get loaded. I never felt like a human being, I never felt like I was able to make a mistake, To be O.K. with myself. That (last) sentence tells me that it's O.K. I got a chance to become a human being, to start all over again.

I always wanted to get high, and when I got high, I'd get into trouble, and things just kept getting worse, the situation at home, and the job were getting worse. I still had this obsession to get high, even though I knew this was what was causing the problems. That's when I knew I was a goner, there was no stopping myself. So that's when my bankruptcy was complete, I didn't want to go on living, I had a death wish, and it scared the hell out of me.

We couldn't even take care of ourselves, drugs grabbed us so hard. I couldn't even get a driver's licence, making \$120.00 a week, couldn't even give my parents 15 bucks for rent, drugs took it all, the stealing and all that. I couldn't even take care of myself, I had pants with holes in it. Clothes that were 6 years, I looked like a real mess, like a kid who didn't have any parents. That's where I was at, drugs possessed me, abused me, I worshipped drugs, drugs were my parents, it led me into a hospital with a straight-jacket, where about 15 people have to take care of ya.

That's where I wound up. It totally anesthetized my feelings to the point when I just didn't, I couldn't feel it anymore, and that's where drugs took me, I had no values whatsoever left. And that to me was utter bankruptcy.

I was sober for sometime before I started working the steps, and the 1st, I remember going thru a lot of crap, like the cops, I was ripping off the houses, sober, dry, whatever. After I hit my knees hard, it really helped me, I got a lot of spirituality, and that's when I knew it was going nowhere fast, end up in jail, sober I found out, I had this thing, for me, it wasn't for me, I guess.

That says, like, you've hit the bottom, it's like the slide has stopped, with ..., you've stopped it right there. That's when (the admission of complete defeat) the only way to go now is up, the positive things start happening, you're able to stop. You're no longer with the desire to get high. That's when you want to get sober.

I came into the program, I heard that step being read and talked about. For myself, it was hope, that's the hope they were talking about, I admitted to someone, finally, 'cause I kept it all in and stuff. I admitted to my wife, in fits of insanity, that I couldn't do it myself, and that's the hope. The obsession's still there, but there's a hope that it's going to end, and that it's O.K.

The bedrock that they talk about, for me, when I first got sober, was the knowledge from experience, what happened to me, if I went out and got high, where I was going to wind up, How my life was going to turn out , it's like drinking nitro-glycerine, sooner or later, you blow up, and I knew that and in the beginning the only thing that kept me sober was just plain old fear. Fear of a .357 magnum, that's what it was.

When we admit that we're powerless over drugs, we know we can't do anymore about it, so we start looking for somebody who can, which happens to be a higher power.

To admit my powerlessness, it got so bad to a point where I couldn't take anymore pain, self-punishment, and what I was promised, to me, better than anything in the world, was that ^{that} pain wouldn't get any worse, and it might not get any better, it might stay that way, but it's not gonna get any worse than it's been over the last few years, and that's when my foundation started. 'Cause I was just so torn up inside, I just couldn't take anymore pain and that's where I got started.

I remember the humiliation when I was laying in a hospital bed, from an overdose, just laying there being all hooked up with tubes all over the place, I remember crying and all kinds of stuff like that, and just feeling jumiliated by just being there. Like, looking at myself in the mirror, and my face being all fucked up by the drugs they were giving me in the hospital, ^{and} the drugs that I took.

I guess it turned into some kind of hope that when I came around to the rehab. I could hear the same kind of stories.

For 3 months I wasn't ready to surrender, I had all these ideas of going back to a girlfriend, of changing my attitude, changing all my personal problems, and I just wouldn't want to do drugs anymore. Then I started to realize that through being completely defeated, that I did have a chance, that it all of a sudden became kind of different that I was going to end up going to jail. End up dying, end up back in the nut house permanently. It was a matter of life and death thing. If I wanted to live I would have to do what I was suggested to at the time and kind of I don't. Just having that burden of all that shit on me. And was just a good feeling of knowing I could go on. On the road to recovery whatever.

But like sense I've been sober I'm powerless over other people as well as my addiction and when I don't have to deal with people you know like in my addiction I was like always...I had to run everybody's life and today I don't have to. That's one thing this step told me. And I think it...

I know that no real happiness can come when I have that doubt, of maybe I can get loaded again, maybe I'm not through, there's one more fling out there, or whatever. When it comes down to it, when I knew I was done, that there's no more fun and games, the parties over, sort of thing, that's when I felt like I had a chance, felt like I had hope, then I got strength.

Q.- (cont.)- I couldn't even take care of myself, I had pants with holes in it. Clothes that were 6 years old, I looked like a real mess, like a kid who didn't have any parents; that's where I was at, drugs were my parents. It led me into a hospital with a straight-jacket, where about 15 people have to take care of you. That's where I wound up.

P.- The bankruptcy, morally and emotionally bankrupt, it totally anesthetized my feelings to the point where I just didn't, I couldn't, feel it anymore, and that's where drugs took me; I had no values whatsoever left. And that, to me, was utter bankruptcy

M.- I was sober for some time before I started working the steps, and the first step... I remember going through a lot of crap, like the cops, I was ripping off the houses, sober, dry, whatever. After I hit my knees hard, it really helped me, I got a lot of spirituality, and that's when I knew I had hit my bottom, it was going nowhere fast, end up in jail, sober. I found out. I had this thing, for me, it wasn't for me, I guess.

3rd Paragraph:

P

P.- That says, like, you've hit the bottom, It's like the slide has stopped, with the admission of complete defeat, You've stopped it right there. That's when the only way to go now is up. The positive things start happening, You're able to stop. You're no longer with the desire to get high. That's when you want to get sober.

A.- I came into the program, I heard that step being read and talked about; for myself, it was hope, that's the hope they were talking about. I admitted to someone, finally, 'cause I kept it all in and stuff. I admitted to my wife, in fits of insanity, that I couldn't do it myself, and that's the hope. The obsession's still there, but there's a hope that it's going to end, and that it's O.K.

K.- The bedrock that they talk about, for me, when I first got sober, was the knowledge from experience, what'd happened to me, if I went out and got high, where I was going to wind up, how my life was going to turn out. It's like, drinking nitro-glycerin, sooner or later you blow up, and I knew that. And in the beginning, the only thing that kept me sober was just plain old fear... fear of a .357 Magnum, that's what it was.

4th Paragraph:

D.- When we admit that we're powerless over drugs, we know we can't do ~~it~~ anymore about it, so we start looking for somebody who can, which happens to be a 'higher power'.

G.- To admit my powerlessness, it got so bad to a point where I couldn't take anymore pain, self-punishment, and what I was promised, to me, better than anything in the world, was that that pain wouldn't get any worse, and it might not get any better, It might stay that way but it's not gonna get any worse than it's been over the last few years, and that's when my foundation started. 'Cause I was just so torn up inside, I just couldn't take anymore pain, and that's where I got started.

5th paragraph:

• I know that no real happiness can come when I have that doubt, of maybe I can get loaded again, maybe I'm not through, there's one more fling out there, whatever. When it comes down to it, when I ~~was~~ knew I was done, that there's no more fun and games, the party's over, that's when I felt like I had a chance, there was some hope, then I got strength.

- Once I knew that no way was it going to get better, that it was just going to get worse 'cause I got sober once, then I went out and got high, and I seen it get worse, I seen things happen to me that I heard people talking about at meetings, things that I never thought would happen to me. I used to hear in school, see in movies, about people dying, people getting shot, then you see it on T.V., and to me that was a bunch of bullshit, I didn't believe that. I even heard that somebody got killed that was in the rehab before I went in, and they'd left, and I still didn't believe it could happen to me. Once I realized it was going to get worse, it gave me a stronger will to stay sober.

- I had to get to the point where I realized that my will power wasn't going to pull me through anymore. I'd used my will power a lot, I had a strong will power, and a lot of times I knew when I'd gotten really bad with drinking and drugs, I could say, 'o.k., I have to get my act together now', and just by sheer will power alone, just go straight for awhile, and get my head together, and do it. It had to be to the point where that wasn't working anymore, I just couldn't do it. Until then, it had just been my own strength that got me through, but at that point, I knew my own strength just wasn't enough.

- It stresses the importance that, I can't go out and have a good time. There's been times in my sobriety where that feeling has come in, that thought, it's known as obsession, and when times keep going rough, in the beginning, these things keep happening to me. During these times when I've felt like it was better than living through this, and I was really in the pits, there was no happiness in my life at all, and the longer I stayed in it, the worse it got. And until, again, I had to retake step #1, I had to reaffirm that I am powerless, and I had to go to meetings and hear people talking about it. The pain and agony that is out there, really, today, I keep finding out that today is better than the best day, it may be my worst day today, but it's better than the best day when I was using.

- I really had to hold on by the skin of my teeth, with blind faith, and believe what anybody told me, I had to believe it, just to keep sober, to help me get through these first few months. For such a long time, I did it my way, my way, and I ended up getting high again, after some time sober.

• I was just thinking about how I did get sober, that being my first step. When I realized I had a problem, even before I stopped, at that point I couldn't accept what they're talking about, the total defeat, 'cause for some reason, it's just really hard to accept complete defeat, it feels so powerless, and I'd have arguments with other people, my parents, I'd say I could stop anytime I wanted to. And I remember the day I finally went for help, I was just sitting around, and I said, I just can't try anymore. And I think, partly, I was too scared to just give up on myself totally, it was to the point where I was just going to give in to myself totally, like suicide, or I had to get something. I couldn't do it myself, and I accepted that. Since then, a lot of times I have to redo it, retake the first step.

S.- I remember the humiliation when I was laying in a hospital bed, from an overdose, just laying there being all hooked up with tubes all over the place, I remember crying and all kinds of stuff like that, and just feeling humiliated by just being there. Like looking at myself in the mirror, and my face being all fucked up by the drugs they were giving me in the hospital, and the drugs that I took. I guess it turned into some kind of hope that when I came around to the Rehab., I could hear the same kind of stories. For 3 months, I wasn't ready to surrender, I had all these ideas of going back to a girlfriend, of changing all my personal problems, and I just wouldn't want to do drugs anymore. Then I started to realize that, through being completely defeated, that I did have a chance, that it all of sudden became kind of different, that I was going to end up in jail... end up dying, end up back in the nut-house permanently. It was a matter of life and death thing. If I wanted to live, I would have to do what I was suggested to do, at the time...just having that burden of all that shit on me, and it was just a good feeling to know that I could go on, go on and just do it. On the Road to Recovery, or whatever.

M.- When it says our personal powerlessness, and then it says it all kind of turns to happiness, or purposeful. But, like, since I've been sober I'm powerless over other people, as well as my addiction, and when I don't have to deal with people, you know, like in my addiction I was like always, I had to run everybody's life, and today I don't have to. That's one thing this step told me. And I think this step...I think it makes me a lot happier not having to worry about everybody. Everything's on them. It makes a lot of happiness for me.