

John - February 11, 2015

What this program has done for me and how I've changed.

To be specific and to better help lend to the explanation, I'll start by mentioning that it has been 5 months since I used alcohol to treat physical and psychological issues in my body and mind. The majority of that sobriety time (3 months) occurred at Samaritan House under the guidance of Alex and Chris. The circumstances of my sobriety lie in direct correlation to the order of operations in which it all unfolded. It is of my strong contention that any other way, however slight the difference, getting sober would not have worked at all for me. I've tried to remove alcohol from my life many times in the past but never was able to get more than a few weeks at a time over the 10 years it took from me. Samaritan House was an ideal environment for me to implicate what I learned about sober living before jumping directly back into society. It offered an opportunity for me to safely interact with other people from the real world and work together with them to get our lives back in order, while still having an educated support system available that overlooked us in times that an answer to a problem was not apparent. If I didn't have that, I seriously doubt I would have made it this far on my own. Alex was adamant in the belief that one must learn to crawl before walking, and walk before running. Skipping a step simply would result in tripping, every time. I've come to believe this philosophy to be true. Samaritan House gave me the chance to leave the crawling stage and practice walking again. If I went to an in-patient program for 30 days and then went back to the real world, that would be like going from a crawl to a run. I've tried that before and was not able to do it. After leaving Samaritan House, I feel, think, and look better than I did coming into the program. The biggest and most valuable lesson I learned there is to address issues directly instead of ignoring them or letting them grow. Now that I am able to confidentially express what is bothering me about a given scenario that poses a problem, the likelihood of that issue turning into a reason for me to use has virtually been reduced to the point where it can't get a chance to take root in my mind. Without that method in my arsenal, I'd be weaponless against this addiction. I could go on in much further detail about how I've changed and grown over my stay there but in brief, the reasons I stated above were paramount to my success so far. I am willing and open to further discuss my journey into a better life with anyone reading this who is interested in finding out more about how I did it. I again want to reiterate my deep appreciation for the chance I was given at Samaritan House. It was a lifesaving experience and the effects of which have yet to fully become clear to me. That is how big this was for me. The change was so drastic and effective that I literally need more time to process the full magnitude of it all. I am left now to marvel in quiet awe, humbled by the true power of what can happen when met with people who have an intrinsic ability and desire to help someone on the brink of death. Thank you Alex and Chris, for bringing me back from oblivion.

Sincerely, John