

I was raised in a very typical middle-class household. I had a caring family and was offered many opportunities to succeed in life.

For some reason I migrated toward what would eventually be my downfall. *Alcohol and Marijuana*, became a constant in what was considered “good times” in my teenage years. Experimenting with other drugs came soon after. I witnessed many friends go in and out of jails and rehabs, contract diseases and some die due to heroin addiction and other drug related issues. For a while, this remained a strong deterrent for me to never try those drugs. Regardless of that fact, in time I took my first dose.

What I thought I could control, quickly took control of me. For the better part of a decade, I chose heroin and pills. I denied help and thought I could do it by myself. This thinking only got me further entrenched in my addiction. What I now see as the inevitable I wound up in jail. It was obvious that I became unable to manage my own life. The *Phoenix House* opened its doors to me. This program provided the help I desperately needed. With the help of the *Phoenix House*, I am gaining my sobriety. Sobriety is restoring my sanity and self-worth. I am learning how to become a responsible and acceptable member of the community. Thanks to the *Phoenix House*, I have my life and life is good.

*Phoenix House* taught me how to live life on life’s terms and that all of the stressors of life are better handled if you remain in control and stop abusing alcohol and drugs.