

## **105 (A) My personal ride through hell.**

Everyone has a story of woe and wow & at times we can learn from those who have walked the walk of pain & desperation & who have found the courage & wisdom to seek new life through positive change.

I was buried in hopeless desperation, many years, before finding that people have the capacity for positive change, no matter how deeply buried in these feelings of complete desperation that accompany addiction. I had no idea how much each of my own decisions, was affecting my life; until I ended up an alcohol driven, panic stricken, 24/7 compulsive drunk.

I fell in deeper & deeper & eventually became tortured, every minute of every day, month after month & year after year, decade after decade, as I died inside addiction & the panic brought on through the brain changes from this poison. It was not long, before I no longer knew the rational life that I had unconsciously traded, for the irrational drinking thinking, as I battled alcohol abuse, panic attacks, along with social, physical & mental health depletion, as I was robbed, beaten, dumped on, ridiculed and kicked out to the curb to die, all due to my bad decision making.

The devastation from addiction had engulfed my mind, body, spirit & soul. I had no idea what was happening in my life or mind, just that something was taking everything from me, including killing every hope, dream & vision that I ever had. The torment & pain was increasing & never ending, something had a stranglehold on my life & would not let go. I was stranded in a whirlwind of addiction & panic; watching my life disappear into a blur of confusion & desperation, as I felt these forces ripping & tearing my mind & soul in half; one side would not let go & let me live, the other side would not let go to die.

I was homeless, dying, scared & trying to fit in somewhere, but nobody wants a scared, depressed, drunk hanging around, so I became very sad, sick & lonely, while battling addiction, as well as the associated panic disorder. I felt that there was no hope, as I just wanted to die, as this is what alcohol & drugs has to offer all those lives that it can grab ahold of.

So here I was; a self proclaimed nobody, living in a state of walking death, where nobody wanted me; family & friends did not care to have me around, it did not seem like God wanted me, the hospitals & mental institutions did not want me, I surely did not want me, so what else was there? The bottle wanted me, but it wanted me sick & dead & it did eventually achieve its goal.

When I was 28. I was found in the streets, in convulsions & my heart was stopping, as my behaviors finally had beaten me down & addiction was going to end another life. It was sad, but I did not know how to break these ties of addiction. There was nothing in this world that could have saved me! Or was there? At the last possible second, I cried out to God to forgive & help me & instantly found that this oppression could be beat & that no matter how far gone your life feels, it is time that you see that there is more than a chance for you & that it starts with your next decision & goes on one decision at a time.

I too had “felt” that there was nothing that I could do, but I was wrong, because anyone can live beyond what they feel & start making good decisions based on, “I can”, regardless of negative feelings & this is where you learn how to live a life free from the excuses, fears & oppressions of addiction thinking.

You can start making good decisions right now, even when it is hard & when you feel that you cannot do it, do it anyways & if you are afraid, then do it afraid & if you don't feel like it, so what just do it as you do not have to feel like doing something to do it.

Jesus didn't feel like dying on a criminals cross for us, but He did it. It is time to start listening to the person inside you that wants to hear what you can do; not those that tell you what you cannot do & you need to spend the rest of the days & nights thinking about every next productive good decision that you can make, for you & start making them, one at a time.

So if you're ready to work & to do what is needed to get beyond the battles, that have been keeping you from your true life purpose, then no matter how beaten down, lost & alone you have felt in the past, there is Good News in front of you, but for this Good News to work, you must be willing to turn towards it, face it & accept it, while turning away from what's been destroying you.

In this broken world, many people have walked very similar, lonely, painful, self-defeating paths of darkness & destruction & have “lived” & died & become just as lost & lonely, with no hope in sight, yet many have not only survived, but have turned around & found how to live positive productive connected Recovered lives. It is time to get real & to realize that life is about much more than admitting to & changing past bad thinking habits, it’s about a complete life change, through a complete mindset change. So, if you want to see your life & thinking restored to a positive, productive life, free from the negative mindsets, of past bad choices, bad thinking, fate, or addiction, then you are going to have to be willing to admit that your way of life & thinking, has not worked & needs some serious change.

You will also need to be willing to unlearn, past bad thinking patterns, to get you beyond any mindset of being a lost victim, or prisoner of fate, karma, or past bad choices.

It is time to stop counterproductive living & start living as a recovered survivor of today, not an imprisoned victim of yesterday. So, if you have had enough of the brokenness & darkness of the imprisoned victim mindset, enough battling the self-defeating behaviors, negative mindsets & broken lifestyle, from reliving, or remaining in the past hard times, pain, peer pressure, bad choices, wrong thinking, or whatever stumbling block it was that sent your life spinning out of control & into this no one understands me, self-defeating mindset, then it is time to realize, that only you need to understand, as only you can change your thinking.

I once heard an adaption of Robert Stevenson that said, the mystery of Life is not in being dealt a good hand, but in playing a poor hand well & up until now, you may have been playing a poor hand, poorly, but you can change that & learn to play your dealt hand, at the least to the best of your ability, through Christ.

When seeking to change negative life behaviors and/ or end addiction the individual needs a plan & a path for finding & building on the personal responsibilities, strengths & life goals, needed to effectively achieve productive life recovery which you just may find while following our letters of hope.