

105 B My ride through hell, B4 life began.

Everyone has a story of woe & wow & we can learn from others who have walked, the walk of pain, shame, desperation & hopelessness & who have found, hopefully through God, the courage, strength & wisdom, to climb out of the gutter of death & grab ahold of a new life, which is waiting, through positive life, action & thought changes, for the betterment & love of oneself, regardless of what the world is trying to drop onto & into our heads, learning to live Recovered is absolutely possible.

I was buried in a horrifically fearful, lonely, hopeless, deadly, desperation of panic disorder, alcohol & drugs, for many years, before finding that broken people truly have, or can find, the capacity for positive change, no matter how deeply buried in these feelings of complete hopeless desperation, that accompany Agoraphobia, panic disorder, addictions & other negative thoughts & behaviors.

I had no idea how much each of my hapless decisions was negatively affecting my life; even as I fell in sicker & deeper & eventually tortured, mentally, socially & physically, every minute of every day, of every year for 12 years, nonstop. I crashed & burned from the brain & life changes taking control, while believing that not one person cared that I was dying inside & needed someone to grab my hand & tell me that it could be okay again & that they would walk through the darkness, to help lead me back to the light, but that did not happen, as my fears were no one's responsibility, or problem but mine.

I no longer new rational life, as the irrational sickly addiction thinking & social, physical & mental health depletion had built some stronghold in my mind & stole my life, as I became that person that people pointed at, avoided & looked, or walked the other way, when they seen me.

I was in the streets & was robbed, beaten, knifed, dumped on, spit on, ridiculed, shot at & kicked out to the curb to die, alone, all due to my worst fears & bad decision making, that come from them.

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, & killing every hope, dream & vision that I had 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 let me die.

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

I had become 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 didn't want me, I surely did not want me, so what else was there? The bottle wanted me, but it wanted me sick & dying & it did eventually achieve its goal of death.

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 ending another life. It was sad, but I did not know how to beat addiction. There was nothing in this world that could have saved me! Or was there?

At the last second, almost dead, I cried out to God to forgive & help me & I saw that this oppression could be beat & that no matter how far gone life was, there was a chance at real life, with a change in thinking.

This new life is hard, so what & it starts with your next decision & goes on, 1 decision at a time. I thought that there was nothing that I could do, but I was wrong, as anyone can live beyond what they feel & start making good decisions, based on, "I matter & I can", regardless of negative feelings, or what anybody thinks & 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 though 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 be able to do it.

Jesus didn't feel like dying in humiliation & pain, on a criminals cross for us, but He did it, as the rewards, outweighed the consequences.

It is time to start listening to the spirit person inside you, that wants to hear what you are willing to & can do; not those satanic whispers 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 & your goodness & 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 feel, there is Good News, but for it to help, you must turn towards it, face it & accept it, while turning away from the life & people that have been destroying your chances.

In this broken world, many have walked very similar, lonely, painful, self-defeating paths of darkness & destruction & have “lived” & not only survived, but have learned how to live, positive, productive & recovered lives, as you do not need to learn how to live in recovery, but as recovered.

It is time to see that 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 changed, as well as realizing others have the right to think anything they want about you & not letting their thoughts affect your new positive life. You will also need to be willing to unlearn, past bad thinking patterns & get beyond the mindset of being a victim, or prisoner of fate, or karma, as it doesn't matter what brought you to this point in life, all's that matters is your next decision, from here on out.

It is time to start living, as a recovered survivor, not an imprisoned victim. So, if you have truly 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 can change your thinking & life.

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 achieve productive life recovery which we believe you will find.

I do pray that God does for you, what He did for me, when He stepped into my life & showed me that we are never too far gone, if we are still breathing, to receive the love & healing that God is ready to share, with all who call on His name & in Jesus powerful name, we can all receive & carry this healing to the world.

What we will be sharing is for informational purposes & is not a replacement for medical diagnosis, or treatment, that may be needed, so please be sure to see a Dr. for medical advice, or treatment & then we invite you to also work with us to view & take advantage of the love, knowledge & experience that we will be sharing together, to help all who choose it, to walk as Recovered by God.

Please follow along on all our upcoming posts, to find the hope & love that may just help you to decide on a permanent positive life change.