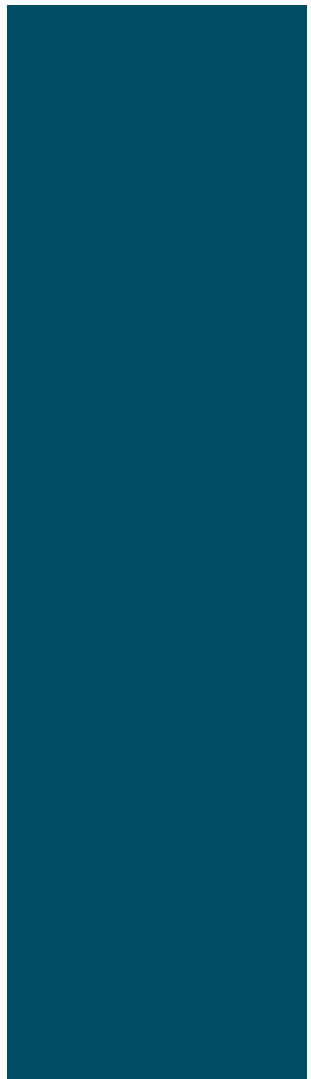
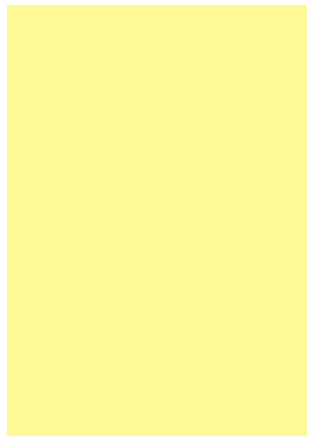


WHAT YOUR
LOVED ONE
IS THINKING

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““ I need to feel better right now, no matter the consequences. I must get high right now. Get out of my way.

““ I’ll deal with the consequences after I get high. I can’t think about tomorrow or the next day or the next.

“Sure, getting high isn't as great as it used to be, but it's all I know and maybe this time I can reach that high again.

“**I**’m not proud of my life or happy with what I’m doing but pulling out of this way of life is simply overwhelming.

““**T**here's not much I wouldn't do to get high.
It's like needing water. What wouldn't you
do if you were dying of thirst?

“ I do care for you, even though
my actions don't show it.

““ I need you in my pocket to be there when I run out of money, get in trouble, need a lift, need help with debt collectors and to manage my money, need someone to pay for the brakes on the car, etc.

“ I have this big secret world, to which no one really knows about. It is here that I plot and scheme. My secret self and public self are really disconnected. It can look like two different people.

““**M**y whole body and mind take over with lightening speed when I get it in my head that I need to get high. It's so impulsive and quick. There is not time to consider anything or anyone else. It is out of my control.

““**B**ut part of me thinks I can control my use. I just need to cut back on the cocaine during the week. I just need to switch from scotch to wine. I just need to get my tolerance to the oxycodone down. I just need to not smoke that joint first thing in the morning. I just need to stay out of the bar.

“Part of me does want to get sober. I just can't see how. It feels out of reach. How would I stop using? What's the first step?”

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